

ASIAN EDITION JANUARY 2011  
SGD 7.50 | MYR 15.00PPS 1770/09/2011 (020179)  
9 772010 237301

# GoodFood

## Festive entertaining

- Taiwanese home-style feast
- Stunning, foolproof cakes
- One-dish recipes

## THE INDIAN STORECUPBOARD

## MAKE IT TONIGHT

Easy Peranakan  
Superhealthy suppers  
Love your leftovers  
Eggs for dinner

## ULTIMATE MAKEOVER MACARONI CHEESE

*Eric Teo's*  
Chinese New Year feast

102  
RECIPES  
YOU'LL  
LOVE

Sambal  
petai  
prawns

Asian-inspired desserts  
with **Janice Wong**

A SUB-ZERO IS JUST A REFRIGERATOR,  
LIKE A DIAMOND IS JUST A STONE

Iconic design. Enduring quality. Superior performance



[www.subzerowolf.com.sg](http://www.subzerowolf.com.sg)





## THE EASYCOOK OVEN – FP867XS1

*I*ndeed, convenience is key in our lives today, and the smart Easycook Oven takes this to a whole new level! Pop in the meat or pastry, turn the knob and presto! The dish is just the way you wanted without any guesswork!

Use the Easycook programmes for the six most common dishes (fish/roast beef/pizza/poultry/tarts/gratin). The Class A energy-efficient oven cooks up to three dishes simultaneously without any cross transfer of aromas. At the end of cooking, simply start the pyrolysis cycle to carbonise all grease and stains to fine ashes and then wipe the interior with a damp cloth! No risk of burns during the self-cleaning process as the oven doors are triple or double glazed. Learn more about Brandt at [www.brandt.com.sg](http://www.brandt.com.sg)!

**Cooking with**

*Ease*

*Text: Claudia Ko*

How frustrating to have the recipe turn out unsatisfactory when you followed through methodically! It is more wearisome to scrub and brush the appliance after dinner! The dreary part of cooking has to be eliminated!



# Tips

## on cooking using a **Brandt** oven



1. A Multifunction Plus oven allows you to prepare up to three dishes simultaneously without the cross transfer of cooking aromas. Place the beef lasagna on one level and the chocolate chip cookies on another level. The savoury and the sweet will turn out perfectly done — fuss-free and less time-consuming!
2. Turn on the Grill Plus function to brown gratin and quiches evenly for 5 minutes towards the end of cooking time!
3. The safety grid racks can be pulled out of the oven to  $\frac{3}{4}$  their length without the cookware tipping!
4. Use the Low Temperature Stabilisation/Keep Warm function for rising bread dough!
5. For convenience, pop in fish, poultry, beef, pizza, tarts or gratin and select the Easycook function. Now you just have to lay the table for a mouthwatering dinner!
6. You can also use the six Easycook programmes for non-specified dishes — just experiment and improvise. Try roasting a duck on the “Chicken” programme or a pie on the “Tarts” programme! 🍷



## BERRY CRUMBLE

SERVES 4 ● PREP 10 MINS + CHILLING ● COOK 25 MINS

### Ingredients:

- 140g + 80g unsalted butter
- 90g + 40g caster sugar
- 2 eggs
- 260g + 20g + 70g plain flour
- 10g butter, melted
- 200g sweet tart dough (pâte sucrée)
- 400g mixed berries
- 200ml sour cream
- 1 tsp vanilla extract
- 20g walnuts, chopped
- 30g pecans, chopped
- 60g brown sugar

### Methods

1. Cream 140g butter with 90g caster sugar and then add in 1 egg and 260g flour. Combine to form a smooth dough. Rest in the fridge for 30 mins.
2. Roll out tart dough to a thickness of about 2-3mm. Grease four 6cm moulds with melted butter and line with the tart dough. Fill with berries.
3. Whisk sour cream with remaining caster sugar, 20g flour and 1 egg. Pass through a sieve and then add vanilla.
4. Pour the mixture over the berries and bake for 10-15 mins at 180C.
5. Meanwhile, melt the remaining 80g butter.
6. Combine walnut, pecans, remaining flour and brown sugar in a bowl. Stir in the melted butter and mix well until crumbly.
7. Remove the moulds from the oven, sprinkle over the crumble mixture and return to the oven for about 10 mins, until the topping turns golden brown.

**Note:** Use straight-sided moulds. The dessert will collapse when unmoulded if you use tapered moulds.

Recipe by Chef Angeline Poon,  
Palate Sensations by BRANDT Cooking School  
[www.palatesensations.com](http://www.palatesensations.com)

**Brandt**  
Innovations you need

# Flavours of Spain



Sangria



Spanish Coffee



Absinthe



Guantanamera



Spanish Sling



Spanish Octopus



80 labels of Spanish Wine



Patatas Bravas



Vegetarian Plater



Crayfish Paella



Churros

# SERENITY

SPANISH BAR & RESTAURANT

1 Harbourfront Walk #01-98/99 VivoCity Singapore 098585  
Tel 63768185 Email [sales@serenity.com.sg](mailto:sales@serenity.com.sg) Web [www.serenity.com.sg](http://www.serenity.com.sg)





#### ASIA TEAM

**Publisher** Cecilia Woo  
**Managing editor** Joyceline Tully  
**Writer** Angeleigh Khoo  
**Art director** Denise R. Lowem  
**Graphic designer** Pearl Lim  
**Marketing manager** Tasmin Chua  
**Marketing executive** Jovy Chay  
**Finance manager** Julie Khong  
**Production executive** Veronica Teo  
**Customer service executive** Beth Kwok

#### SINGAPORE SALES

**Senior business manager** Tan Ann Nee  
**Business executive** Andy Chan

#### MALAYSIA SALES

**Senior business manager** Wendy Fong  
**Business executive** David Choo

#### ADVISORY PANEL

**Nutritionist** Pooja Vig

#### UK TEAM

**Editor** Gillian Carter  
**Creative Director Food Group** Elizabeth Galbraith  
**Publishing Director** Alfie Lewis  
**Managing Director** Peter Phippen  
**Head of International Development** James Hewes  
**International Partners Manager** Rebecca Hill

#### DISTRIBUTORS

**Singapore** Region Periodicals Distributor Pte Ltd  
**Malaysia** Pansing Marketing Sdn Bhd

BBC Good Food MICA (P) 120/06/2010, ISSN 2010-2372, PPS 1770/09/2011 (020179), is published monthly by Regent Media Pte Ltd.

No part of this publication is to be reproduced, stored, transmitted, digitally or otherwise, without the prior consent of the publisher.

The information contained herein is accurate at time of printing. Changes may have occurred since this magazine went to print. Regent Media Pte Ltd and its editors will not be held liable for any damages, loss, injury or inconvenience, arising in connection with the contents of the magazine.

Regent Media Pte Ltd will not accept responsibility for unsolicited contributions.

Printer: KHL Printing Co Pte Ltd (197801823M)

BBC Good Food is distributed in Singapore and Malaysia.

A Publication of

*Regent media*

# GoodFood



New year, fresh beginnings and yes, more good food!

Last year passed in a whirlwind of activity as we launched Good Food in Asia. This year, we intend to build on our foundations, roll up our sleeves and get cooking in a big way. From sumptuous feel-good cakes and show-stopping tarts to brilliant everyday eats inspired by East and West, we've got our year's worth of menus all planned out. Join us as we kick-start the year with more ideas for super healthy treats (p30), a weekend bake fest (p72) and a masterclass on modern Asian desserts with Singaporean pastry chef Janice Wong (p96). For a simple, special Nonya dinner, check out Peranakan chef Malcolm Lee's mouth-watering spread in Asian Kitchen (p44). That's not all. We start planning for Chinese New Year in early February with auspicious menus from Chef Eric Teo, president of the Singapore Chefs' Association (p68) and Taiwanese television chef Huang Ching-He (p62).

It's a star-studded line-up this January — a sure sign of more good food to come. You can bet that 2011 will be most delicious indeed. Enjoy!

*Joyceline Tully*

Joyceline Tully,  
Managing Editor



**Check out:**  
Gluten-free diet (p102)



**Breakfast muesli on test (p19)**

## Contributors



#### CHEF ERIC TEO

is one of the most prominent and well-respected culinary figures in Singapore. He is currently the executive

chef of the Mandarin Oriental, Singapore as well as the president of the Singapore Chefs' Association.



#### CHEF JANICE WONG

owns 2am: dessertbar and is a fast rising talent in the international pastry scene. She will

be opening 2am: lab, a research facility dedicated to developing new techniques and avant-garde cuisine, in early 2011.



#### CHEF MALCOLM LEE

was the first Singaporean recipient of The Miele Guide Culinary Scholarship in 2008. He is now the chef-owner

of Candlenut Kitchen, a cosy restaurant serving up authentic Peranakan cuisine prepared using modern techniques.

## How to contact us

### Subscription enquiries and back issues

For new subscriptions, to tell us about changes of name or address, or for any other subscription queries:

**Call** 65/6543-3681

**Email** [subscription@regentmedia.sg](mailto:subscription@regentmedia.sg)

**Write to Good Food**, Regent Media Pte Ltd, 3 Loyang Way, Singapore 508719

### Recipe enquiries and letters page

**Call** 65/6543-3681

**Email** [goodfood@regentmedia.sg](mailto:goodfood@regentmedia.sg)

**Write to Good Food**, Regent Media Pte Ltd, 3 Loyang Way, Singapore 508719

We regret that we are unable to answer medical/nutritional queries.



BBC Magazines is owned by the BBC and our profits are returned to the BBC for the benefit of the licence-fee payer. *Good Food* provides trusted, independent advice and information that has been gathered without fear or favour. When receiving assistance or sample products from suppliers, we ensure our editorial integrity and independence are not compromised by never offering anything in return, such as positive coverage, and by including a brief credit where appropriate.

*Good Food* is published by Regent Media Pte Ltd under license from BBC Magazines, a division of BBC Worldwide Ltd, Third Floor D1, Media Centre, 201 Wood Lane, London W12 7TQ, England. Copyright BBC Worldwide Ltd 2010. All rights reserved. Reproduction in whole or part prohibited without permission. The publishers and editors cannot accept responsibility for errors in advertisements, articles, photographs or illustrations.

BBC Worldwide Ltd is a registered data user whose entries in the Data Protection Register contain descriptions of sources and disclosures of personal data. This magazine can be recycled for use in newspapers and packaging — please dispose of it at your local paper collection point.

All prices correct at time of going to press. Singapore full annual subscription rate for 12 issues: S\$90.

We make every effort to ensure the accuracy of the prices displayed in *Good Food* magazine. However, they can change once we go to print. Please check with the appropriate retailer for full details.



When you have finished with this magazine please recycle it.



## 43 Two-step carbonara



## EVERYDAY

- 22 Make it tonight**  
Fuss-free suppers for busy weeknights
- 30 Superhealthy suppers**  
Satisfyingly good-for-you recipes
- 33 Love your leftovers**  
Delicious recipes to use up every scrap
- 34 The Indian storecupboard**  
Food writer Anjum Anand shares her essentials and favourite recipes
- 38 Make one freeze one**  
Lamb souvlaki skewers
- 40 Feel good eats**  
Give eggs the dinnertime spotlight
- 44 Asian kitchen**  
Easy Peranakan dishes by Chef Malcolm Lee of Candelnut Kitchen
- 52 Asian pantry**  
Soybeans are versatile and nutritious
- 56 We love to cook**  
Cut-out-and-keep recipes to get kids in the kitchen. This month: tomatoes

Check out: Glacéau Vitaminwater on page 10



## 89 Proper beef, ale & mushroom pie



## WEEKEND

- 62 Happy Chinese New Year**  
Celebrate with home-style Taiwanese dishes by television chef Huang Ching-He
- 68 Gong xi fa cai!**  
Gather round the table for Chef Eric Teo's delicious Chinese New Year feast
- 72 Cakes that work every time**  
Foolproof recipes with stunning results
- 78 Specially for two**  
A flavour-packed Italian menu inspired by a trip to Emilia Romagna
- 82 Keep it simple**  
Delicious one-dish recipes that make entertaining a breeze
- 88 Cooking for pleasure**  
A proper beef & mushroom pie

## ON THE COVER



Cover photograph CALVIN TAN  
Styling DENISE R. LOWEM

## 92 Chocolate fondant



## MASTERCLASS

- 92 Gordon Ramsay's masterclass**  
The Michelin-starred chef shares kitchen secrets and his recipe for a chocolate fondant that's perfect for entertaining
- 96 Dessert queen**  
Pastry talent Janice Wong is all set to impress with her Asian-inspired desserts

## READER OFFERS

- 60** Win Lonely Planet's *A Moveable Feast*, worth S\$25 each

## EVERY MONTH

- 8** Recipe index
- 9** From your kitchen
- 10** Cook's note
- 12** Books & cooks
- 14** Top shelf
- 16** Here to help
- 18** Shop smart
- 19** On test
- 122** From our advertisers
- 123** Stockists
- 124** Subscribe to Good Food
- 126** Coming next month
- 128** My life on a plate



110 Tender duck & pineapple red curry

## LIVE WELL

- 102** **Going gluten-free**  
Beat gluten allergy and intolerance by going without
- 106** **The ultimate makeover**  
Macaroni cheese
- 108** **In season**  
Cook with cranberries, pineapples, pomegranates and passion fruits
- 113** **The healthy ingredient**  
Avocado is just about the most nutritious fruit in the world
- 114** **Cooking with cheaper cuts**  
Save money on meat without compromising on quality or flavour
- 120** **Toast this**  
Riesling is set to be the next big thing

Find out what's on Chef Bruce Lim's list of kitchen essentials on page 14



# Contents

GoodFood January 2011



68 Yu sheng rolls

## FREE LE CREUSET 16CM SKILLET WHEN YOU SUBSCRIBE\*

Subscribe by 29 January and receive a LE CREUSET 16cm skillet, worth S\$169.

**SEE PAGE 124 for details**

\*While stocks last





# This month's recipes

## Getting the best from **GoodFood**

### Why you can cook our recipes with confidence

All the recipes in *Good Food* are tested thoroughly, so they'll work first time for you at home. Most of our recipes are developed in the Good Food Test Kitchen by our Cookery team who, like you, cook at home for family and friends. Additional recipes come from food writers and TV chefs. But no matter who writes the recipe, every one is thoroughly tested. We know your time and money are precious so we want to guarantee a perfect dish every time.

- For best results we recommend you use standard level measuring spoons, and don't mix imperial and metric measures. We use large eggs, unless otherwise stated.
- We aim to make our recipes as practical as possible, keeping ingredients lists to a minimum and avoiding lengthy preparations.
- We use easily available ingredients and include seasonal fruit and veg.
- Where possible, we use humanely reared meats, free-range chickens and eggs, sustainably sourced fish and unrefined sugar.
- To avoid waste, we use full packs, cans and jars where possible. But if that's not possible we aim to suggest ways of using up leftovers. For more know-how, including step-by-step videos, visit our website [bbcgoodfood.com](http://bbcgoodfood.com)

### HEALTHY EATING GUIDELINES

Our recipes are sent to a qualified nutritionist to be analysed on a per serving basis for fat, sat fat, sugar and salt. Each recipe analysis includes listed ingredients only and excludes optional ingredients, such as salt and serving suggestions. If you're on a low-fat diet, count the fat content in each recipe to help you stick to your daily limit. Remember, simple changes can make a recipe healthier – for example, removing chicken skin after cooking, or reducing salt. If you eat a high-salt dish, balance your intake for the day by cutting the level of salt in other dishes. Most salt you consume is in processed food. Ask your GP for further advice if you're concerned.

### What our symbols mean

**Easy** Recipes everyone can make, even beginners. These dishes are usually quick, often on the table within 20 minutes.

**Moderately easy** These require a bit more skill – such as making pastry.

**For the confident cook** Recipes aimed at experienced cooks who cook for pleasure and like a challenge.

**Suitable for vegetarians**

Always check the labels on shop-bought ingredients such as cheese, pesto and curry sauces to ensure that they are suitable.

**Not suitable for freezing**

**Suitable for freezing** Unless otherwise stated, freeze for up to three months. Defrost thoroughly and heat until piping hot.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or contains at least one portion of 5-a-day fruit and veg.

**Low fat** 12g or less per portion.

**Good for you** Low in saturated fat and salt.

**Heart healthy** Low in saturated fat, with 5g or less; low in salt, with 1.5g or less; and high in omega-3s.

### Guideline Daily Amounts (GDA)

advise you how much of a nutrient you should eat each day.

**Kcalories (GDA)** Women, 2,000; men, 2,500.

**Fat (GDA)** Women 70g (no more than 20g should be saturated fat); men 95g (no more than 30g should be sat fat).

**Salt (GDA)** Maximum 6g for adults and 11-14 year-olds; 5g for 7-10 year-olds (5g = 1 tsp).

**Sugar (GDA)** women 90g; men 120g (we analyse recipes for total sugar – natural and added).

*We regret that we are unable to answer medical/nutritional queries.*

*Please note that recipes created for Advertisement features are checked, but not tested, in the Good Food Test Kitchen.*

### RECIPE KEY ● healthy option ■ low fat ❄ Suitable for freezing

#### POULTRY & GAME

- 119 Buffalo wings with blue cheese dip
- 116 Chicken livers on toast
- 24 Chicken pilaf with dill & pine nuts
- 49 Chinchalok chicken
- 27 Coconut-crusted lime chicken
- 64 Festive golden five-spice chicken
- 36 Fragrant chicken, coriander & coconut curry
- 22 Hoisin chicken wrap
- 24 Honey chicken with sultana couscous
- 22 Noodles with turkey, green beans & hoisin
- 64 Roast plum duck puffs
- 22 Sticky chicken wings
- 110 Tender duck & pineapple red curry
- 44 Ye ye's curry

#### MEAT

- 49 Babi pongteh
- 32 Breadcrumbed pork with grilled aubergine & spicy tomato sauce
- 86 Greek lamb with potatoes & olives
- 70 Honey glazed spare ribs with red dates
- 38 Lamb souvlaki skewers
- 28 Leek & bacon risotto
- 86 Moroccan meatballs with eggs
- 114 Mustard-crusted breast of lamb
- 116 Portuguese braised steak & onions
- 89 Proper beef, ale & mushroom pie
- 26 Sausage & broccoli pasta
- 80 Seared beef with wild mushrooms & balsamic
- 109 Slow-roast Persian lamb with pomegranate salad
- 118 Slow-roast pork rolls with apple chilli chutney
- 43 Two-step carbonara

#### FISH & SEAFOOD

- 44 Assam cheena
- 36 Cashew, chilli & lime-crusted fish
- 24 Cinnamon rubbed salmon with couscous & harissa yoghurt
- 62 Crispy prawns with wasabi mayo & sweet chilli pepper dip
- 32 Grilled fish with new potato, red pepper & olive salad
- 70 Mini treasure pot with scallop, lobster and abalone
- 41 Minty salmon & broccoli frittata
- 50 Nonya otak
- 83 Paprika rice with prawns
- 24 Prawn & bean pilau
- 23 Prawn miso bowl
- 23 Quick prawn noodle soup
- 49 Sambal petai prawns
- 26 Smoked trout fish pies
- 35 Spiced prawns & coconut pilaf

#### VEGETARIAN

- 25 Baked polenta with spinach & goat's cheese
- 36 Baked ricotta-stuffed tandoori potatoes
- 22 Chinese grilled aubergines
- 66 Gingery shiitake noodles
- 113 Green club sandwich
- 33 Half-a-can houmous
- 19 Homemade fruit muesli
- 28 Leek, pea & pepper risotto
- 58 Squished tomato pasta sauce
- 66 Stir-fried garlic pak choi
- 58 Stuffed tomatoes
- 106 The Ultimate Makeover macaroni cheese
- 54 Tomato & soybean pasta
- 30 Vegetable tagliatelle with lemon & chive sauce
- 33 Versatile veg soup

#### SALADS, SIDES & DRINKS

- 33 Banana smoothies
- 33 Cheesy pizza toasts
- 86 Chicken salad with crisp bacon

- 110 Cranberry vodka
- 80 Creamy herb & Parmesan mash
- 32 Crunchy detox salad
- 80 Garlic & shallot spinach
- 112 Green club sandwich
- 109 Jewelled couscous
- 64 Open flower dumplings
- 33 Pepper antipasti
- 33 Pitta crisps
- 33 Quick roasties
- 84 Roasted salmon, pepper & broad bean salad
- 41 Scrambled omelette toast topper
- 41 Spicy tomato baked eggs
- 33 Use-your-loaf crust
- 68 Yu sheng rolls

#### BAKING & DESSERTS

- 29 Apple & cranberry slice
- 29 Apple & date turnover
- 33 Caramel apple wedges
- 92 Caramel sauce
- 33 Carrot muffins
- 74 Cherry Bakewell cake
- 92 Chocolate fondant
- 76 Coffee cream & walnut cupcakes
- 110 Cranberry ripple cheese-cupcakes
- 96 Date pudding with gula Melaka coffee sauce
- 74 Dense & dark chocolate loaf
- 104 Flourless orange & almond cake
- 99 Green tea crème brûlée
- 80 Iced hazelnut zabaglione
- 100 Jackfruit white chocolate mousse
- 110 Minted pineapple
- 11 Orange blossom cakes
- 109 Passion fruit & coconut panna cotta
- 109 Passion fruit & mango fool
- 50 Pineapple tarts
- 98 Pineapple with coconut custard
- 76 Quick buttercream
- 76 Swirly lemon drizzle fingers
- 66 Toffee & sesame bananas
- 57 Tomato tart

### MENUS OF THE MONTH



#### Chinese New Year feast

Serve the roast plum duck puffs (p64), honey glazed spare ribs with red dates (p70) and sambal petai prawns (p49). Finish with orange blossom cakes (p11) and hot Chinese tea.



#### Curry party

Serve ye ye's curry (p44), fragrant chicken, coriander & coconut curry (p36) and tender duck & pineapple red curry (p110) with rice and naan. End with the toffee & sesame bananas (p66).



# From your kitchen

We love to hear from you. Write to us at Good Food, 3 Loyang Way, Singapore 508719, or email us at [goodfood@regentmedia.sg](mailto:goodfood@regentmedia.sg). Please include your full name and a daytime phone number



## We want to hear from you!

As American chef and food writer James Beard said: "Food is our common ground, a universal experience." It is the start of an exciting food-centric journey here at the Good Food office in Singapore and we want you to come along with us.

Write in and tell us what you wish to see in the magazine, or simply raise a food-related issue you feel strongly about. Tell us about your favourite ingredients and kitchen essentials, and share your favourite recipes – be it grandma's time-tested walnut cake, last-minute party food secrets or healthy treats that the kids enjoy.

We want you to join our reader community, and celebrate food glorious food. After all, what good is good food if you can't share it?



**Star  
letter**

## Share & Win with Good Food!

We'll be picking a star letter every month to win a Le Creuset French Oven, small spatula spoon and set of two mini hot pads, worth S\$406 in total.

Le Creuset is the world's leading manufacturer of enameled cast iron cookware. This 100% iron French Oven is durable and suitable for most heat sources.



- Entry information and recipe may be used for future marketing and promotional purposes.
- Recipes may be published in a future issue.





# Cook's notes

## What's in store

- Cooking up delicious Asian meals is a breeze with the range of instant pastes by Dancing Chef, all of which are free of MSG, preservatives and artificial colouring. Flavours to try include the green curry, Hainanese chicken rice and Padang rendang. **Dancing Chef authentic Asian pastes, from S\$2.20, from major supermarkets and Mohd Mustafa**



- Gourmet Carousel's pineapple galette is a delicious local twist on a traditional French favourite, and a perfect sweet treat for the Chinese New Year. The galette is elegantly flavoured with vanilla beans, star anise and cinnamon, and features almond frangipane cream and sautéed pineapple filling sandwiched between crispy puff pastry. Available from 24 Jan to 17 Feb. **Pineapple galette, S\$52, from Gourmet Carousel**



- Here's a fun way to stay hydrated. Available in six flavours, each bottle of Glacéau Vitaminwater comes packed with vitamins. Try the delicious XXX, which comes with a triple boost of acai, blueberry and pomegranate antioxidants; or the Essential, for a vitamin C and magnesium boost. We love the tongue-in-cheek packaging, too! **Glacéau Vitaminwater, from S\$1.50, from selected supermarkets including Cold Storage and NTUC Finest**



## Our favourite new grocer

Grocery runs just got a whole lot more fun with the newly opened Four Seasons Gourmet Market at Marina Bay Link Mall. The 4,200 sq ft supermarket is the place to go for fine wines, cheeses, quality meats and the freshest seasonal produce. The store also offers complimentary butler service – simply drop off your shopping list and the staff will shop on your behalf.

If you're feeling peckish, head over to Alli Oli, the Spanish-style deli located within the store, for some Spanish breakfast or tapas. Or make the most of good weather and nearby open spaces, and rent a picnic basket (requires a fully refundable S\$50 deposit). Fill it up with cold cuts, bread and wine, and enjoy your meal outdoors. **#B2-49 Marina Bay Link Mall, 8A Marina Boulevard. Tel: 65/6634-4629**

## Mandarin season

Taiwan mandarin oranges are in season, and just in time for the Chinese New Year, too! Also known as ponkan, these mandarin oranges are highly regarded for their superior taste, fragrance and sweet, juicy flesh.

Mandarin oranges are commonly exchanged when Chinese communities visit each other at home during the festive season, as the fruit's round shape is symbolic of the circle of life encompassing one's family and the community. Its rich colours also symbolise royalty and gold, and remind the recipient of the many blessings in life.

When stocking up on mandarin oranges, go for the trusted ABC Taiwan Ponkan brand, available at all leading supermarkets. Enjoy 20% off retail prices when you purchase a minimum of 10 cartons from Four Seasons Gourmet Market at Marina Bay Link Mall. Delivery charges apply.







## Singapore pride

Congratulations to the national culinary team! After an intensive five-month training session, the Singapore National Culinary Team won a well-deserved gold medal at the recent Expogast Culinary World Cup 2010 in Luxembourglast.

Led by Yen Koh, executive chef of Unilever Food Solutions Southeast Asia & Singapore, the team scored a total of 5,662,338 points in both hot cooking and cold display categories to beat 26 international teams. The other team members are Nicole Wong from The Fairmont Singapore, Lim Boon Seng from Osia Restaurant, Eric Chua from Unilever Food Solutions Singapore, Yew Eng Tong from The Cliff Restaurant and team coach Ivan Yeo from the Park Hotel Group.

## Literary hotspot

We can't think of a better way to spend a lazy afternoon than to browse the collection of books at Littered with Books, a charming new bookstore tucked away in a Duxton Hill shophouse.

Armchairs are thoughtfully placed throughout the store, so pick a book, or two, and take it to one of the cozy nooks for quiet reading. Be sure to check out the food and wine titles on the second floor. The shop carries a well-curated selection of about 130-150 titles, with a good mix of cookbooks and food-related literature. Prices are very competitive, too!

20 Duxton Road. Tel: 65/6220-6824



## Click & cook

Surf on over to Philips My Kitchen ([www.philips.com.sg/kitchen](http://www.philips.com.sg/kitchen)), a new online recipe resource offering tasty recipes, tips and tricks, videos and product tips. Both Western dishes such as salads, pastas and cakes are featured alongside Asian favourites including boiled soups and traditional kuehs. All recipes come with nutritional analyses. The user-friendly website provides a host of simple filters so you can easily shortlist suitable dishes. And it generates a shopping list, too!

### Orange blossom cakes

MAKES 10 ● PREP 25 MINS

● COOK 25-30 MINS

Easy ❄️ un-iced

**120g softened butter, plus**

**extra for greasing**

**140g self-raising flour**

**120g golden caster sugar**

**½ tsp baking powder**

**2 eggs**

**75ml natural yoghurt**

**zest of 1 mandarin orange**

**3 tbsp orange blossom water**

**icing sugar, to dust**

**1** Heat oven to 180C. Line 10 holes of a muffin tin with cases (or grease some individual cake moulds). Beat the butter, flour, sugar, baking powder, eggs, yoghurt, zest and 2 tbsp orange blossom water in a large bowl with an electric whisk until lump-free. Spoon into the cases (or fill cake moulds three-quarters full), and bake for 18-22 mins until golden and risen – a skewer poked in should come out clean (check cake moulds after 15 mins).

**2** Drizzle with remaining orange blossom water while warm, then cool. Dust with icing sugar to serve.

PER SERVING 290 kcals, protein 4g, carbs 33g, fat 16g, sat fat 10g, fibre 1g, sugar 19g, salt 0.5g

**TRY A  
NEW  
FLAVOUR**

Orange blossom water is a popular Middle Eastern ingredient used to add a citrus-floral flavour. Drizzle it on berries, swap for vanilla in baking, or use it to flavour chicken dishes.

**jones the grocer** stocks Al-Rabih orange blossom water, S\$14.90.





# Books & cooks

## Best of breakfast & brunch titles

Sara Lewis – **Brunch Galore**  
(from \$24.08, Books Kinokuniya & Borders)

*Brunch Galore* is filled with over 100 recipes, many of which I predict will be a hit with young eaters. After all, author Sara Lewis, who has written several other cookbooks including *Slow Cooker*, was also the food editor of the UK's Practical Parenting magazine for over 12 years.

Breakfast favourites such as eggs Benedict and French toast feature alongside brunchy options such as potato latkes and Philly cheese steak. Lewis also drew inspiration from Mediterranean and German cuisines, evident in dishes such as strata, an Italian-style polenta; and kartoffelpuffer, her take on classic German potato cakes.

### Pros:

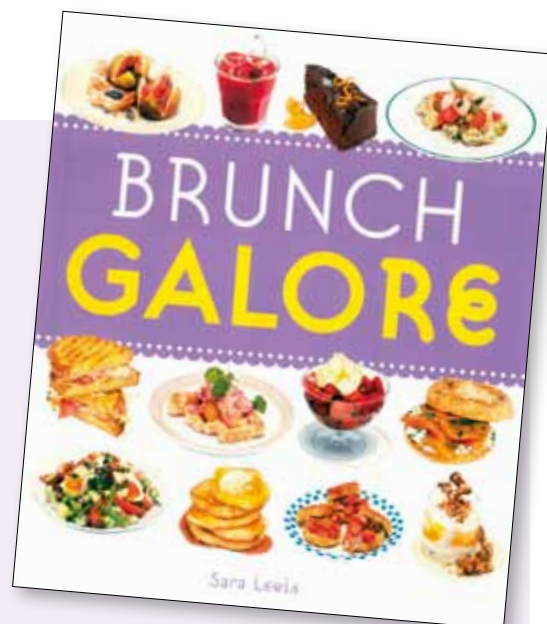
The recipes are easy to put together, and most importantly, they work. Some of my favourites, such as the mini bacon and egg cups, needed just five minutes of preparation – the oven did the rest of the work. They're delicious fresh out

of the oven, but will keep well for a few hours so you can pack them on a picnic as well.

Pancake and waffle lovers will relish the expansive dedicated sections, which include recipes for sweet classics such as buttermilk pancakes and chocolate waffles as well as inspired savoury twists such as pumpkin waffles with chilli sauce and seafood pancake pie. Instead of a one-size-fits-all batter, Lewis makes minor tweaks to accommodate the different fillings and flavours. Of those I tried, the fluffy and moist vanilla and butter pancakes were the best received on the breakfast table.

Those with young children eager to help out in the kitchen will appreciate the simpler recipes, which are rather child-friendly. Kids will have a good time flattening slices of bread for pigs in blankets (baked sausage sandwiches) and dropping spoonfuls of pancake batter onto a warmed griddle (very little oil is used so you don't have to worry about splattering grease).

**Cons:** Some recipes require the use of a broiler, which can be limiting if your oven doesn't come



with a broiler function. However, a little improvisation will go a long way. For example, although the hashed sweet potatoes with eggs required me to pop the skillet under a broiler after I cracked in the eggs, popping a lid over the pan resulted in perfectly cooked eggs, too. The same goes for the hazelnut crepes with roast pears. Instead of broiling the hazelnuts, toasting them in a pan worked equally well.

## You may also like:



Parragon Books – **Everyday Gourmet Breakfasts** (\$\$16.95, Borders)

While not super comprehensive, this book covers all the familiar breakfast staples like pancakes and eggs done several ways, along with a few surprises, such as the smoked salmon and dill filo parcels. The recipes come with succinct instructions, and the pictures are gorgeous. Keep this on your shelf for inspiration on lazy mornings.



Maryana Vollstedt – **The Big Book of Breakfast** (\$\$40.95, Borders)

This book is filled with over 300 recipes, which are categorised into 18 sections including frittatas, omelettes and skillet entrees. Most breakfast classics come with surprising variations – think sautéed apple omelette and Hawaiian waffles. Handy tips, such as how to use an egg poacher, are also peppered throughout the book.



Irma S. Rombauer, Marion Rombauer Becker & Ethan Becker – **Joy of Cooking: All About Breakfast & Brunch** (\$\$29.95, Borders)

Each section in this book begins with a full-page pictorial guide, be it for making an omelette or how to segment citrus fruits. Apart from breakfast classics such as eggs and pancakes, there are also sections on fruit, beverages and grains.



Rachel Lee – **Brunch: Mouth-Watering Recipes from Around the World** (\$\$28.90, Borders)

Keen hosts will love this book. Over 90 recipes are arranged into 10 inspiring menus, such as A Parisian Valentine's Day. The Mexican menu, with a smorgasbord of dishes including ceviche tostados and Aztec brownies, is perfect for feeding a crowd.





# Top shelf Bruce Lim

Filipino-Chinese Chef Bruce Lim is known regionally for hosting *Tablescapes: Life on a Plate*, the popular Asian Food Channel series that sees him travelling across the Philippines with his co-host Angel Aquino to explore local cultures and cuisines.

Having studied at the renowned Le Cordon Bleu in London and chalked up a decade of culinary experience in both America and the Philippines, the American-born chef returned to the Philippines to trace his roots and to gain inspiration from native cuisines. He recently opened Chef's Table, a private dining restaurant in Manila, and is seen on his cooking programme *Chef's Table: Breaking All The Rules With Chef Bruce* on the Asian Food Channel.

**M**y inspiration My grandmother is the best Kapampangan cook I've ever known. Her love for food held our family together and her passion rubbed off on me. She is the reason I am a chef today. **Cooking philosophy** K.I.S.S – Keep It Simple Stupid! There's a lower risk of messing things up when you keep things simple. Never overcrowd a plate and always let the food speak for itself. **Favourite cooking technique** Braising! I like to sear the meat to lock in the juices and then slowly simmer it in a flavourful pot of local aromatics and vegetables. **Must-have spice** Old Bay seasoning has a subtle blend of spices and aromatics that I really enjoy. It brings life to any seafood dish. **Top native Filipino ingredient** I love mangoes. I am confident that the Filipino mango is the sweetest mango in the world. It makes any dessert stand out and adds a subtle sweetness to savoury dishes. **Favourite Filipino dish** Sinigang, a sourish meat soup flavoured mainly with tamarind. There are various versions of the dish across the Philippines, each using different ingredients such as ginger lily (kamias) and local guava (bayabas). I love them all. **Essential ingredient** Garlic. It's the basic ingredient in almost every Filipino dish, and the one thing I can't cook without. Without garlic, Filipino dishes will not stand out! **Top all-American dish** Meatloaf. My mom was very busy when I was a child, so she would always throw together a meatloaf for dinner. I remember sitting at the dinner table with my brother and her, eating and talking about our day. I'm reminded of those days each time I eat meatloaf now. **Kitchen essentials** A serious chef always needs a sharp knife, a cutting board, stockpots and a large wok. You will be able to make a great family dinner with ease with these essential tools. **What's in my fridge** I always have garlic, onions, tomatoes, potatoes, oil, butter, Lee Kum Kee soy sauce, oyster sauce, meat, chicken and fish. Fully stocked and ready for me to prepare a feast! **Indispensable ingredient at Chef's Table**

Lambanog. It is a distilled local coconut wine that adds a unique flavour to my dishes and brings life to all my signature cocktails.

**New year resolution** To spend more time with my gorgeous son Brandon.







# cooking with ToTT

Check out ToTT Cooking Studio's exciting lineup of cooking classes!

## UPCOMING Cooking Classes

**CHINESE NEW YEAR SPECIAL:**  
**Traditional Goodies – Pineapple Tarts & Dumplings**  
Jan 15 (Sat), 10.30am to 12.30pm  
**COURSE STYLE** Demo (\$\$58)  
**BY** Vivian Pei

**INDIAN FAVOURITES:**  
**Gobi Masala & Butter Chicken**  
Jan 15 (Sat), 3.30pm to 5.30pm  
**COURSE STYLE** Hands-on (\$\$108)  
**BY** Milind Sovani, Song of India

**CHEESE CAKES:**  
**New York Cheese Cake, Oreos Cheesecake, No-bake Cheesecake**  
Jan 22 (Sat), 9.30am to 12.30pm  
**COURSE STYLE** Demo (\$\$78)  
**BY** Annette Tan

**FLAVOURS OF VIETNAM:**  
**Caramel Pork with Egg, Fried Fish with Dill & Coconut Caramel Flan**  
Jan 23 (Sun), 2.30pm to 5.30pm  
**COURSE STYLE** Hands-on (\$\$118)  
**BY** Jeremy Cheok

**CHINESE NEW YEAR SPECIAL:**  
**Fish Maw Soup, Coffee Pork Ribs & Traditional Yu Sheng**  
Jan 23 (Sun), 3.30pm to 5.30pm  
**COURSE STYLE** Demo (\$\$58)  
**BY** Eric Low

**SOUS VIDE AT HOME:**  
**48H Pork Belly, Black Angus Tenderloin & Drunken Pineapple**  
Jan 29 (Sat), 10.30am to 12.30pm  
**COURSE STYLE** Demo (\$\$58)  
**BY** Stephan Zoisl, Novus

♥ **COOKING TO SEDUCE:**  
**The Valentine's Day Chocolate Box**  
Jan 29 (Sat), 2pm to 4pm  
**COURSE STYLE** Hands-on (\$\$98)  
**BY** Derrick Wong, 2am:dessertbar

**CHINESE NEW YEAR SPECIAL:**  
**Baked Cod Fish Fillet with Truffle Mushroom Sauce in Filo Pastry, Stewed Mee Pok with Home-made XO Sauce & Fresh Prawns & Traditional Yu Sheng**  
Jan 30 (Sun), 10.30am to 12.30pm  
**COURSE STYLE** Demo (\$\$58)  
**BY** Eric Low

♥ **COOKING TO SEDUCE:**  
**Breakfast in Bed – Eggs (Poached, Omelette, Scrambled), Pancakes/Waffles/French Toast & Homemade Baked Beans**  
Jan 30 (Sun), 11am to 1pm  
**COURSE STYLE** Hands-on (\$ 108)  
**BY** Daniel Sia, The Disgruntled Chef

**CROISSANTS:**  
**Sweet (Raisin, Chocolate) & Savoury (Ham & Cheese)**  
Jan 30 (Sun), 3.30pm to 5.30pm  
**COURSE STYLE** Hands-on (\$\$98)  
**BY** Celeste Chew

**INDIAN VEGETARIAN FEAST:**  
**Naan, Dhal, Chutney & more**  
Feb 12 (Sat), 9.30am to 12.30pm  
**COURSE STYLE** Demo (\$\$78)  
**BY** Devagi Sanmugam

♥ **COOKING TO SEDUCE:**  
**Valentine's Day Aphrodisiac Dinner for Two**  
Feb 13 (Mon), 9.30am to 12.30pm  
**COURSE STYLE** Hands-on (\$\$108)  
**BY** Iskander Latiff, Tiffin Club

BOOK ONLINE NOW AT  
[www.tottstore.com/cooking\\_studio.html](http://www.tottstore.com/cooking_studio.html)

#01-01A Sime Darby Centre, 896 Dunearn Road, Singapore 589472.  
Store hours: 10.30am to 9.30pm | Bistro hours: 10am to 9pm

TOTT MEMBERS GET  
**10% OFF**  
class fees!



COUPLES GET ADDITIONAL **10% OFF** WHEN THEY BOOK TOGETHER!





# ToTT Store



## Tools of The Trade for Professional & Aspiring Chefs

ToTT Store is a 36,000 sqf kitchen wonderland that offers an unparalleled range of dining and kitchenware products to fulfill your aspirations in cooking, baking or hosting.

The largest specialty retail store of its kind in Asia, ToTT is home to a bistro, a cookbook corner, a children's play area, a Bake & Go counter, a fine food store and a retail sector that carries exclusive cooking, baking and hosting-related merchandise.

ToTT also offers culinary, baking and hosting classes at our state-of-the-art demo and best-equipped hands-on Cooking Studios. With courses from bread making to hand-dipped chocolate treats, and local favourites to molecular gastronomic dishes, you will be spoilt for choice with the variety of classes offered!

ToTT helps you create unique culinary moments for your family and friends. Visit [http://tottstore.com/cooking\\_studio.html](http://tottstore.com/cooking_studio.html) to sign up for classes today!



### COOK • BAKE • HOST

896 Dunearn Road, Sime Darby Centre, #01-01A Singapore 589472  
tel 6219 7077 fax 6314 7077 enquiry@tottstore.com

[www.tottstore.com](http://www.tottstore.com)

# ToTT

# Here to help

**Angela Nilsen**, cook and award-winning food writer, offers practical advice for the best results in your kitchen

## RAPSEED OIL

Made from rapeseed (those bright yellow fields of flowers), which in Canada, the US and Australia is known as canola. Flavourwise, it tends to be less complex, lighter and more subtle than olive oil, although cold-pressed varieties have more depth of flavour and a nutty edge.

It's a good all-round oil for the kitchen. Use in salad dressings or for frying shallots, as it has a higher smoke point than olive oil. Plus, it has a good nutritional profile, with more mono-unsaturated fat than olive oil.

**Q** Is there a foolproof method for splitting a cake for icing? I end up breaking the top when I try to put it back on the cake

Use a large serrated knife, and I find it easier if the cake is completely cold. Lucy Young, author of *Tips for Better Baking*, recommends cooking the cake in a loose-based tin. When cool, cut about 5cm into the cake all the way round, before slicing right through the middle to split it. 'Put the bottom of the cake on a serving plate or cake board and the top on a flat board.

'Spread the filling over the bottom cake, then slide the disc from the base of the tin (which will be the same diameter as your cake) under the top cake. Tilt it slightly at a 20-degree angle and let the top cake touch the filling on the far side of the bottom cake, so both cakes are lined up. As you lower the top onto the bottom, pull the disc away and the top layer will naturally fall onto the bottom one.'



## What is... MANUKA HONEY

Manuka, known for its health benefits, has a rich, herbal and full-bodied flavour with a faint medicinal aroma. It has a high antibacterial content that aids digestion and supports the immune defence system. Each jar has a Unique Manuka Factor (UMF) or active rating, which is a measure of the active agent in the honey, so the higher the number, the higher the strength. To gain a UMF, Manuka must have a 10+ active rating.

Stir it into tea, spread it on toast or eat it straight from the jar. You can, of course, cook with it but it is rather expensive, due to the honey's unique properties and its very limited supply, produced mostly from the wild evergreen Manuka bush, native to New Zealand.



## MAKE THE MOST OF MINCE

Most mince is interchangeable in recipes, but cooking with very low-fat mince can make dishes dry and bland, as fat adds moisture and flavour. Equally, too much fat can create an overly greasy dish. When this happens, either drain off some of the fat, or use it to fry any veg that is being added, rather than adding extra butter or oil.

Fattier mince is often the preferred choice for burgers as it gives good flavour and texture. A leaner mince is fine, too, if you are concerned about fat and calories and, although it costs a bit more, it can be better value as it doesn't shrink as much during cooking. Organic mince tends to be slightly lower in fat than non-organic. Leaner mince is more likely to stick when being fried, so use a non-stick pan. Leaner mince works better in recipes that contain extra liquid for it to cook in.



TYPE OF MINCE	FAT per 100g	BEST FOR
Ordinary beef mince	15.3g	Burgers
Lean organic beef mince	11.8g	Meat loaf, meatballs, lasagne, Bolognese
Extra-lean beef mince	4.5g	Low-fat recipes, tacos, chilli con carne
Ordinary pork mince	18.9g	Burgers, stir-fries, stuffings, meatballs
Extra-lean organic pork mince	8g	Both types suitable for stuffings, meatballs and low-fat recipes
Extra-lean pork mince	6g	
Ordinary lamb mince	20g	Both types suitable for burgers, koftas meatballs and shepherd's pie
Organic lamb mince	18.3g	
Lean lamb mince	10g	Moussaka
Lean turkey mince	6.5g	Meatballs, chilli

THIS CHART OFFERS A ROUGH GAUGE. FAT PERCENTAGES MAY VARY ACROSS SUPERMARKETS AND BUTCHERS. PHOTOGRAPHS: DK IMAGES; DAVID MUNN; ALAMY; GARETH MORGAN; MYLES NEW; PHOTOLIBRARY



## Cooking with chocolate

We're often asked why some recipes specify different strengths of dark chocolate and others just say dark or plain. Which type to use will vary depending on the other ingredients included, for example a chocolate dessert with a high sugar content will need a 70% chocolate to counter the sweetness while one with less sugar is best made with a lower percentage or the result may be bitter.

Also, some chefs will specify a particular brand as the recipe has been deliberately developed to bring out that particular chocolate's flavours.



**70-90%**  
Very dark and very bitter

Not as common as other chocolates but may come up in chef's recipes, particularly in dishes served in tiny portions, such as chocolate pots. This isn't easily interchangeable with other types.

**70%**  
Dark and slightly bitter

The most commonly specified percentage and used in recipes where the sugar will balance its depth of flavour. It won't ruin a recipe if you don't use it, but the result may not be as chocolatey.

**PLAIN/DARK**  
Dark and a little sweet

The strength of ordinary plain/dark chocolate varies between 40-60%. This is a good all-rounder and excellent for baking, such as brownies and muffins. It should also be used for icings, such as chocolate and mascarpone, where there is no sugar added. Use this if you want to make a dense chocolate cake more child-friendly.

**COOKING CHOCOLATE**  
Slightly waxy flavour

By this we mean the bars labelled as cooking chocolate, and not all chocolate sold on the baking shelves. This is formulated to melt easily and evenly. Best used to cover sweets, make icings and for recipes that call for chocolate to be drizzled over cakes and puddings.

## Know your vanilla

The backbone flavour to many bakes and puds, you can buy it in many forms. Here's a quick guide:

**POD** These have the purest flavour. The best quality pods are plump, pliable and shiny. Store them in an airtight container so they don't dry out. If you split them, the seeds will spill out and add tiny black specks to your dish.

**PASTE** Very concentrated and potent, with a large quantities of seeds, so use it sparingly. It's handy to have in the cupboard and is easier to use than a pod.

**EXTRACT** A powerful flavour 'extracted' from pods. Being liquid, it's easy to add to cakes and other bakes. For authenticity, check that the label says 'pure vanilla extract'.

**SUGAR** Vanilla-scented sugar (below) is available in small jars for adding to baking or desserts. You can make your own (left) – it's cheaper, and keeps for ages. Just tuck a vanilla pod into a big jar of caster sugar – after a few days it will have soaked up the perfumed scent.

### ESSENCE

A cheaper flavouring that may not have actually come from pods.

*Reduced-fat coconut milk tastes good, but for an even lower-fat version, use skimmed milk mixed with a little coconut cream. Soy milk also works well in some dishes as it has a very slightly nutty flavour of its own.*

- Do you have a cooking query or a tip you'd like to share? Email your question to [goodfood@regentmedia.sg](mailto:goodfood@regentmedia.sg)

# SHOP SMART

From herbs in a tube to a nifty solution for odour-free hands, here's this month's pick of handy kitchen add-ons.



Sundried tomato puree

**S\$4.95**, Medi-Ya Supermarket

Full of concentrated, hearty tomato flavours, this highly versatile tube may just be your pantry's new best friend. Instead of butter or jam, squeeze a generous dollop onto wholewheat toast for a savoury breakfast option, or spread it onto readymade pizza dough and top with mozzarella for instant satisfaction. It also makes a yummy salad dressing – whisk it with handfuls of freshly chopped herbs and your best olive oil.

Thermoglass oven dishes

**From S\$13.95**, Howards Storage World

Don't let your festive leftovers go to waste. Instead, store them in these tempered glass dishes for ease of freezing and reheating. They are suitable for use in the microwave, oven and freezer. The bonus? They're sleek enough to double up as serving dishes!



Zielonka Smellkiller  
**S\$34.95**,  
Shermay's  
Cooking School

Love to cook but detest the lingering odours of garlic, onion and other pungent ingredients? Simply swap your regular hand wash for this alloyed stainless steel contraption that magically neutralises all odours. Rub it between your hands under running water for about 20 seconds, or use it for up to a minute under warm water to rid your fingers of more persistent smells.



Salad+Plus 3 mixes

**S\$1.65**, Cold Storage

This handy packet of dried mango, roasted cashew and salted pumpkin seeds is perfect for snacking on the go. Stash a packet in your purse for a quick energy boost, or sprinkle it over salads for a textured crunch. Try combining it with roasted pumpkin, baby spinach, crumbled feta and a generous drizzle of balsamic vinaigrette. You can also serve this with a cheese platter.



Ori Chef pad Thai meal kit

**S\$4.80**, Giant Hypermarket

Whip up the well-loved Thai noodles in the comforts of your kitchen. This meal kit comes with rice noodles, pad Thai sauce and a packet of dehydrated veggies. Leave the noodles to soften in water as you bring a pan of water and the pad thai sauce to a boil. Stir in the noodles and veggies (toss in some fresh bean sprouts for extra crunch and flavour), give it all a good stir, then dish up. Crack in an egg and add some shelled prawns, if you like. Best enjoyed with some crushed peanuts and chilli flakes on the side.



Heinz malt vinegar

**S\$3.95**, widely available

Malt vinegar may be the quintessential condiment for fish and chips, but it will come in very handy in your cooking, too. Its full-bodied flavour lends itself very well to meat, especially chicken and beef. Add a healthy splash into a meat marinade, or whisk it with olive oil and a dash of salt to make a tangy salad dressing. It's delish drizzled over ripe tomatoes and fresh mozzarella, too.



Gourmet Garden Italian herbs herb blend

**S\$7.95**, Cold Storage

This aromatic blend of pre-chopped herbs is your next best alternative to fresh herbs, which tend to wilt really quickly in our weather. The tube, which combines oregano, basil, marjoram, thyme, parsley and rosemary, can be stored for months in the fridge. Spread with butter and minced garlic atop sliced baguette and bake until golden and crusty; stir it into a tomato-based pasta sauce to bring out the flavours; or brush over fresh veggies on the grill. A teaspoon of the herb blend is equivalent to the same quantity of chopped fresh herbs. However, it comes lightly salted so adjust your recipe accordingly.

Mini pita bread

**S\$4.20**, Cold Storage

Slip this Middle Eastern staple into a toaster oven or warm it over a griddle, then slice and use to scoop up dips such as hummus, tzatziki and baba ganoush. Its pocket also holds sauces well, making it a good alternative to bread. Try making a pita sandwich with chopped lettuce and canned tuna, roasted chicken with melted cheese, or even homemade meatballs and tomato sauce. You can also use it as a base for individual pizzas – spread with sundried tomato puree (see top left) and top with ingredients of your choice.





# ON TEST MUESLI

Start your day and the new year on a righteous note with a healthy bowl of muesli for breakfast. We tasted 27 to find our favourites.

**GoodFood**  
**MAKE**  
**YOUR**  
**OWN**  
**MUESLI**

## Homemade fruit muesli

MAKES ENOUGH FOR  
A WEEK'S BREAKFAST

● PREP 5 MINS

● NO COOK **Easy** **V**

Vary the fruit and nuts according to your taste. You can try walnuts, dehydrated bananas and berries, or even toasted coconut flakes.

**200g rolled oats**

**50g raisins**

**50g dried apricots,**  
**chopped**

**50g dried cranberries,**  
**chopped**

**25g almonds,**

**roughly chopped**

**25g hazelnuts,**

**roughly chopped**

Combine all ingredients and store in an airtight container. To serve, place desired amount into a bowl and pour over milk or apple juice. Top with fresh fruit such as banana and apple slices, if you wish. The muesli will keep for up to 3 months.



## What we looked for

We concentrated on packaged mueslis from major supermarkets. Taking into the texture, flavour and general mouth-feel, we blind-tasted the muesli by category and tried them both with plain yogurt and plain, cold milk. For the muesli bars, we also took into account how satisfying it was as a snack-on-the-go. As the range of flavours is quite extensive, we focused on plain and fruit-flavoured mueslis.

## What we found

- Know your cereals. Even though muesli and granola both sound like healthy options for breakfast, granola is more calorific as it is usually coated in honey or sugar syrup, and then toasted. Muesli, on the other hand, is often not toasted and unsweetened. Both are likely to contain pieces of chopped fruit ranging from raisins to coconut flakes.
- Instead of pouring cold milk over your muesli, try pairing it with hot milk on chilly, rainy mornings, yoghurt or even apple juice. For easier digestion, soak the muesli overnight in milk, juice or plain water. We love topping ours with fresh fruit – think sliced apples, bananas and greedy handfuls of berries.
- Muesli is not just a breakfast food – it can be transformed into healthy desserts, too. Stir in spoonfuls into your favourite cookie batter, or sprinkle over fruit salad and top with a drizzle of honey. You can also use muesli to make a pie crust.

## BEST CLASSIC

Alpen Swiss style muesli, **from S\$6.10** & Nu-Vit organic natural muesli, **S\$9.40**, both from Cold Storage

Both Alpen's Swiss style muesli and Nu-Vit's organic natural muesli came up tops in our tasting panel's choice for best classic muesli. Made from rolled oats, wholegrain wheat flakes, raisins, hazelnuts and almonds, Alpen's muesli features pleasing flavours of milk powder and toasted oats. It also maintains its crunch well in milk.



Nu Vit's organic muesli comprises rolled oats, wheat bran, sunflower kernels, sultanas and raisins. It is clean-tasting, with a stronger oat flavour that will

appeal to those who like their muesli malty. Sweet raisins enlivened the mix, too. While it offered a good bite, those who like their muesli crunchy may be slightly disappointed.



**GoodFood**  
**LOVES**

## BEST FRUIT, BEST WITH MILK & BEST WITH YOGHURT

Familia Bio Organic Fruit-Nut Crunch, **S\$7.90**, Cold Storage

This tester favourite came up tops in all three categories. This fruit and nut muesli is one of the crunchiest we tasted, and offers a good mix of fruit and crunchy cereal. Made from oat and wheat flakes, it has a hint of warming spice and is lightly sweetened with the addition of coconut flakes and pieces of apples and dates. It maintains its crunch really well in milk – it only softened slightly at the end of our hour long tasting session, perfect if you like to linger over breakfast and the morning papers. It goes best with cold milk, but its subtle sweetness and crunch also make it a perfect match with tangy plain yoghurt.



## BEST MUESLI BAR

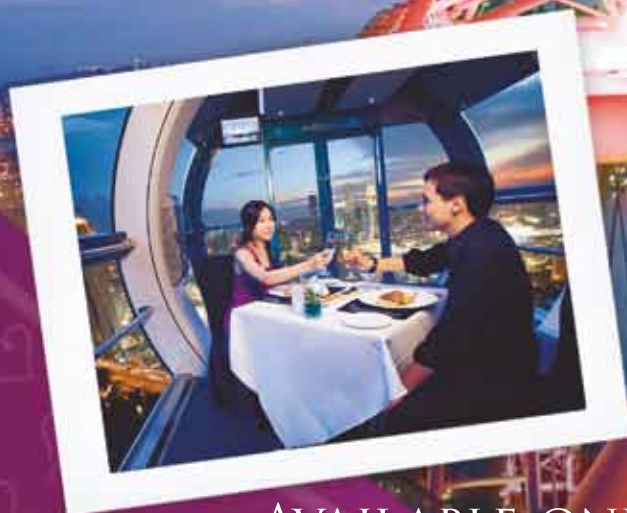
Alpen Light summer fruits bar, **from S\$6.50**, Cold Storage & NTUC Fairprice

This handy bar may contain less than 70 calories, but it certainly packs a lot of flavour and texture into a small package. The fruit bar features a delicious combination of oats, wheat flakes and summer berries, and is finished with a delicate drizzle of sweet yoghurt. Even though it is made from cranberries, raspberries and strawberries, the flavour of the latter dominates, but not in a bad way. Sweet and slightly tart, the bar is also lightly crisp and crunchy, and the grains will not stick to your teeth in uncomfortable and unsightly clumps. Stash this in your purse for a guilt-free pick-me-up, or add it to your child's lunchbox for a recess time treat.





# LOVE IS IN THE AIR THIS VALENTINE'S DAY



## ROMANTIC SKY DINING CUPID CAPSULE

AVAILABLE ONLY ON 12, 13, 14 FEBRUARY 2011  
DINING TIMES: 7:30PM OR 8:30PM

FROM

**\$299**++  
PER COUPLE

### *Includes:*

- 2 Express Boarding Flights
- A 3-course Fine Dining Menu
- In-Flight Host
- Access to VIP Lounge
- Decorated V-Day Capsule
- 1 glass of House wine per guest
- A Rose for the Lady
- A special gift
- Special Table Setting

*Additional Items purchasable: Cakes, Champagne, Ritz Carlton Suite, Yacht Cruise, Limo Service\**

This Special Valentine's Day Menu includes Sparkling Wine, Fresh Lobster, Oven Baked Cod Fillet, Lamb Loin or Imperial Chicken, all ending with a delicious tiramisu and chocolate pralines with tea and coffee.



### COUPLE CHAMPAGNE FLIGHTS AND PRIVATE CELEBRATION SKY DINING AVAILABLE.

PRIVATE CELEBRATION SKY DINING INCLUDES: 1 NIGHT'S STAY AT THE RITZ CARLTON MILENIA SINGAPORE, SPECIAL CELEBRATION MENU, MOET & CHANDON CHAMPAGNE AND MORE!  
FROM: \$1999 NETT PER COUPLE.

Call 6734 8829 / 6333 3311, or contact our sales team:

Taddie Koh	taddiekoh@adval.com.sg	9113 3316
Theresa Leong	theresaleong@adval.com.sg	9488 1019
Ruby Rasidi	rubyrasidi@adval.com.sg	9029 3964

\*At additional cost. Package is subject to availability.  
Terms & Conditions Apply. Maximum 5 couples per capsule



**SINGAPORE  
FLYER**

a moving experience at every turn





22 Fuss-free suppers  
for busy weeknights



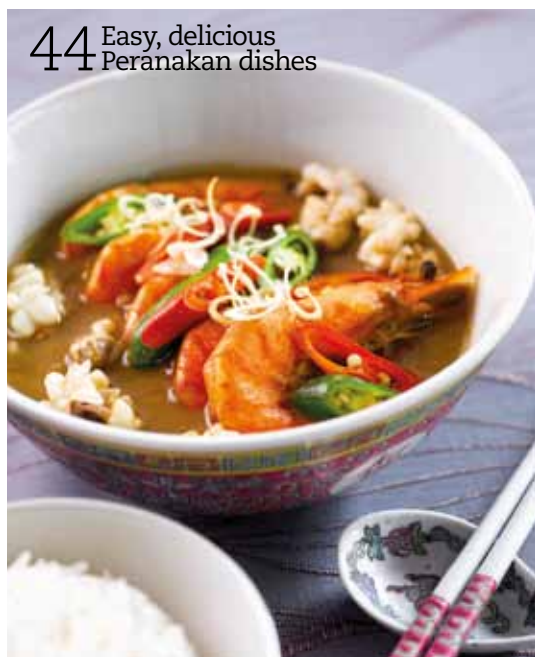
30 Superhealthy,  
good-for-you meals



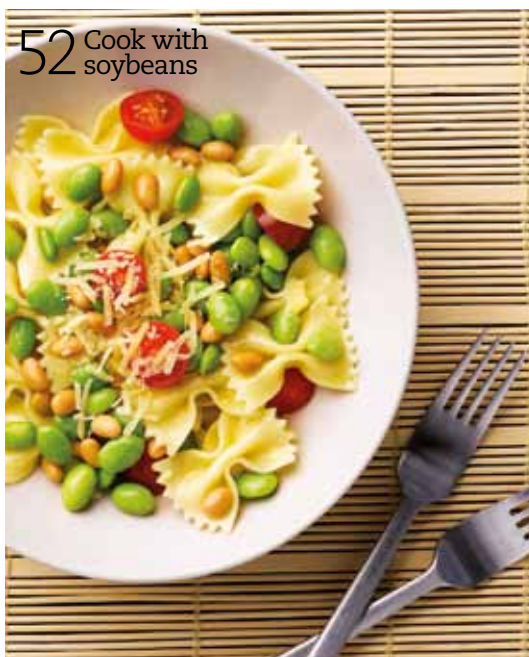
56 Three tomato recipes  
for the kids to make

# Everyday

Easy meals for  
you and your family



44 Easy, delicious  
Peranakan dishes



52 Cook with  
soybeans



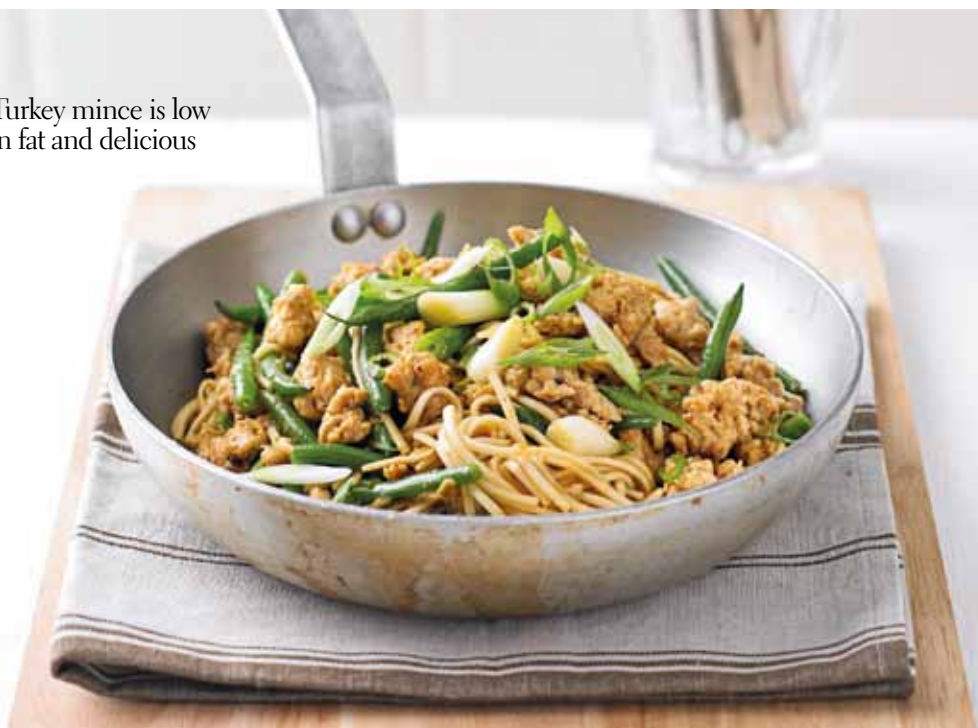
34 Inside the Indian  
storecupboard

# Make it tonight

Warm up on rainy nights with these quick, but substantial, suppers

RECIPES **JENNIFER JOYCE** PHOTOGRAPHS **DAVID MUNNS**

Turkey mince is low in fat and delicious



## Noodles with turkey, green beans & hoisin

SERVES 2 • PREP 10 MINS • COOK 15 MINS

**Easy** **Low fat**

100g ramen noodles  
100g green beans, halved  
3 tbsp hoisin sauce  
juice 1 lime  
1 tbsp chilli sauce  
1 tbsp vegetable oil  
250g turkey mince  
2 garlic cloves, chopped  
6 spring onions, sliced diagonally

**1** Boil the noodles following packet instructions, adding the green beans for the final 2 mins. Drain and set aside.  
**2** In a small bowl, mix together the hoisin, lime juice and chilli sauce. In a wok or frying pan, heat the oil, then fry the mince until nicely browned. Add the garlic and fry for 1 min more. Stir in the hoisin mixture and cook for a few mins more until sticky. Finally, stir in the noodles, beans and half the spring onions to heat through. Scatter over the remaining spring onions to serve.  
PER SERVING 415 kcal, protein 36g, carbs 50g, fat 9g, sat fat 1g, fibre 4g, sugar 11g, salt 2.3g

## USE UP HOISIN SAUCE

### Sticky chicken wings

Mix 3 tbsp hoisin sauce, 1 tbsp honey, 1 tbsp dark soy sauce and 2 tbsp vegetable oil. Toss with 12-16 chicken wings, then spread in a baking tray and roast for 30-40 mins at 180C until sticky and cooked through.

### Chinese grilled aubergines

Cut 1 large aubergine into 4-6 thick slices. Mix 3 tbsp hoisin sauce with 1 tbsp vegetable oil and 1 tbsp sesame seeds. Brush over the aubergine slices. Grill under a really hot grill, turning and brushing with more sauce, until tender. Eat with rice and salad.

### Hoisin chicken wrap

Spread 1 large soft tortilla with 1-2 tbsp hoisin sauce. Pile on shredded cooked chicken, 1 chopped spring onion and thinly sliced cucumber. Roll up to eat.



Meal in a bowl for one



### Quick prawn noodle soup

SERVES 1 ● PREP 10 MINS ● COOK 5 MINS

**Easy**  Low fat

85g thick rice noodles  
500ml hot chicken or vegetable stock  
1 tsp fish sauce  
juice of ½ a lime  
1 star anise  
pinch sugar  
1 handful small raw prawns  
handful mint and coriander leaves  
chopped red chilli, to serve

Boil the noodles until al dente, then drain. Put the stock in a pan with the fish sauce, lime juice, star anise and pinch of sugar. Bring to the boil and add the noodles and prawns. Warm through, then pour into a bowl and serve topped with the mint, coriander and chilli.

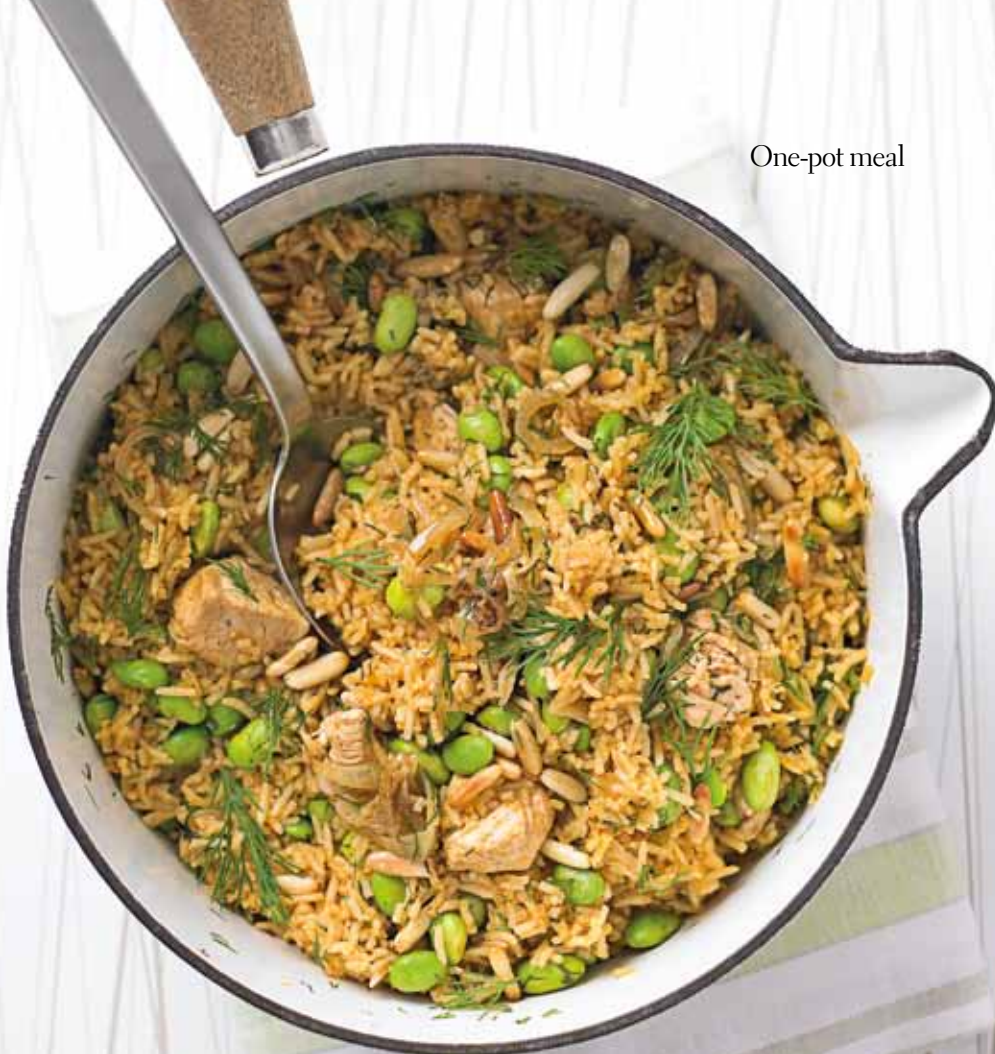
PER SERVING 256 kcals, protein 31g, carbs 30g, fat 3g, sat fat none, fibre 2g, sugar 3g, salt 3.33g

### MAKE IT JAPANESE

**Prawn miso bowl** Swap the fish sauce, lime juice, star anise and sugar for a sachet of miso soup or 1 tbsp miso paste.



One-pot meal



## Chicken pilaf with dill & pine nuts

SERVES 4 ● PREP 10 MINS ● COOK 20 MINS

**Easy** **Good for you**

250g basmati rice  
2 tbsp olive oil  
1 onion, thinly sliced  
2 skinless, boneless chicken breasts,  
cut into small cubes  
½ tsp allspice  
1 tbsp tomato purée  
400ml chicken stock  
small bunch dill, chopped  
140g frozen broad beans or soy beans,  
defrosted under hot water  
50g toasted pine nuts

Rinse the rice until the water runs clear, then drain. Heat the oil in a medium pan and fry the onion for 5 mins. Stir in the chicken, allspice and tomato purée, and cook for 2 mins more. Add the rice, stock and half the dill, then bring to a boil. Cover, reduce heat slightly and simmer for 8 mins. Stir in the beans and cook for 2-3 mins more until the rice is cooked and liquid has been absorbed. Stir in the pine nuts and remaining dill with some seasoning.

PER SERVING 475 kcals, protein 30g, carbs 58g, fat 16g, sat fat 2g, fibre 4g, sugar 3g, salt 0.39g

## MAKE IT WITH PRAWNS

### Prawn & bean pilau

Leave out the chicken and add **1 tbsp medium curry powder** instead of the allspice. Swap the dill for **1 small bunch coriander**. After the rice has cooked for 8 mins, add **150g small, raw peeled prawns** with the beans. Finish cooking as above, then stir through the coriander and **50g toasted almonds** instead of pine nuts.



So good for you

## Cinnamon rubbed salmon with couscous & harissa yoghurt

SERVES 2 ● PREP 15 MINS ● COOK 10 MINS

**Easy** **Superhealthy, heart healthy**

100g couscous  
2 tbsp sultanas  
small bunch coriander, chopped  
1 tsp ground cinnamon, plus a  
large pinch  
200ml hot vegetable stock  
1 tbsp honey  
1 tbsp olive oil  
2 salmon fillets  
1 heaped tbsp harissa paste  
170g fat-free Greek yoghurt

**1** Heat the grill. Put the couscous, sultanas, most of the coriander, 1 tsp cinnamon and some seasoning in a bowl. Pour over the hot vegetable stock and set aside for 5 mins to soak.

**2** Mix together the pinch of cinnamon, honey and oil. Sit the salmon in a baking tray, spread over the honey mixture and season. Cook under a hot grill for about 8 mins until the fish is cooked through.  
**3** Meanwhile, swirl together the harissa and yoghurt. Fluff up the couscous with a fork and serve with the fish and yoghurt, sprinkled with the remaining coriander alongside some green beans, if you like.  
PER SERVING 557 kcals, protein 41g, carbs 49g, fat 23g, sat fat 4g, fibre 1g, sugar 21g, salt 0.78g

## MAKE IT WITH CHICKEN

### Honey chicken with sultana couscous

Swap salmon for **2 skinless, boneless chicken breasts**. Slash each breast a few times before rubbing with the honey mixture, then grill for 10-15 mins until cooked, turning halfway through cooking.



## Baked polenta with spinach & goat's cheese

SERVES 4 ● PREP 20 MINS ● COOK 20 MINS

Easy  

3 garlic cloves, chopped  
800g chopped tomatoes  
300g fresh spinach  
500g ready-made polenta  
1 tbsp olive oil  
100g goat's cheese with rind, broken into chunks

**1** Heat oven to 220C and boil the kettle. In a bowl, mix the garlic and tomatoes with seasoning, then pour into a large baking dish. Place the spinach in a large colander and pour boiling water over until wilted. Rinse in cold water and squeeze out all the excess water you can with your hands. Roughly chop, season, and scatter on top of the tomatoes.

**2** Slice the polenta, then overlap on top of the spinach. Drizzle with the oil and bake in the oven for 10-15 mins. Scatter over the cheese and return to the oven for 5 mins more, or until the cheese is golden and bubbling. Serve hot.

PER SERVING 240 kcals, protein 12g, carbs 26g, fat 10g, sat fat 5g, fibre 6g, sugar 7g, salt 1.6g

**Tip** Can't get hold of ready-made polenta? Just make up a 500g pack regular polenta following pack instructions, then pour into a baking tray (approx 21 x 29cm size) lined with baking parchment. When firm enough, slice and use as in the recipe.

Just six ingredients





Use any shaped pasta

### Sausage & broccoli pasta

SERVES 2 EASILY DOUBLED ● PREP 5 MINS

● COOK 20 MINS **Easy**

200g pasta shapes

150g purple sprouting broccoli,  
cut into pieces, or regular broccoli

2 tbsp extra virgin olive oil

2 garlic cloves, sliced

½ tsp fennel seeds (optional)

½ tsp crushed red chillies

2 Italian-style pork sausages, skins  
removed and meat broken into pieces

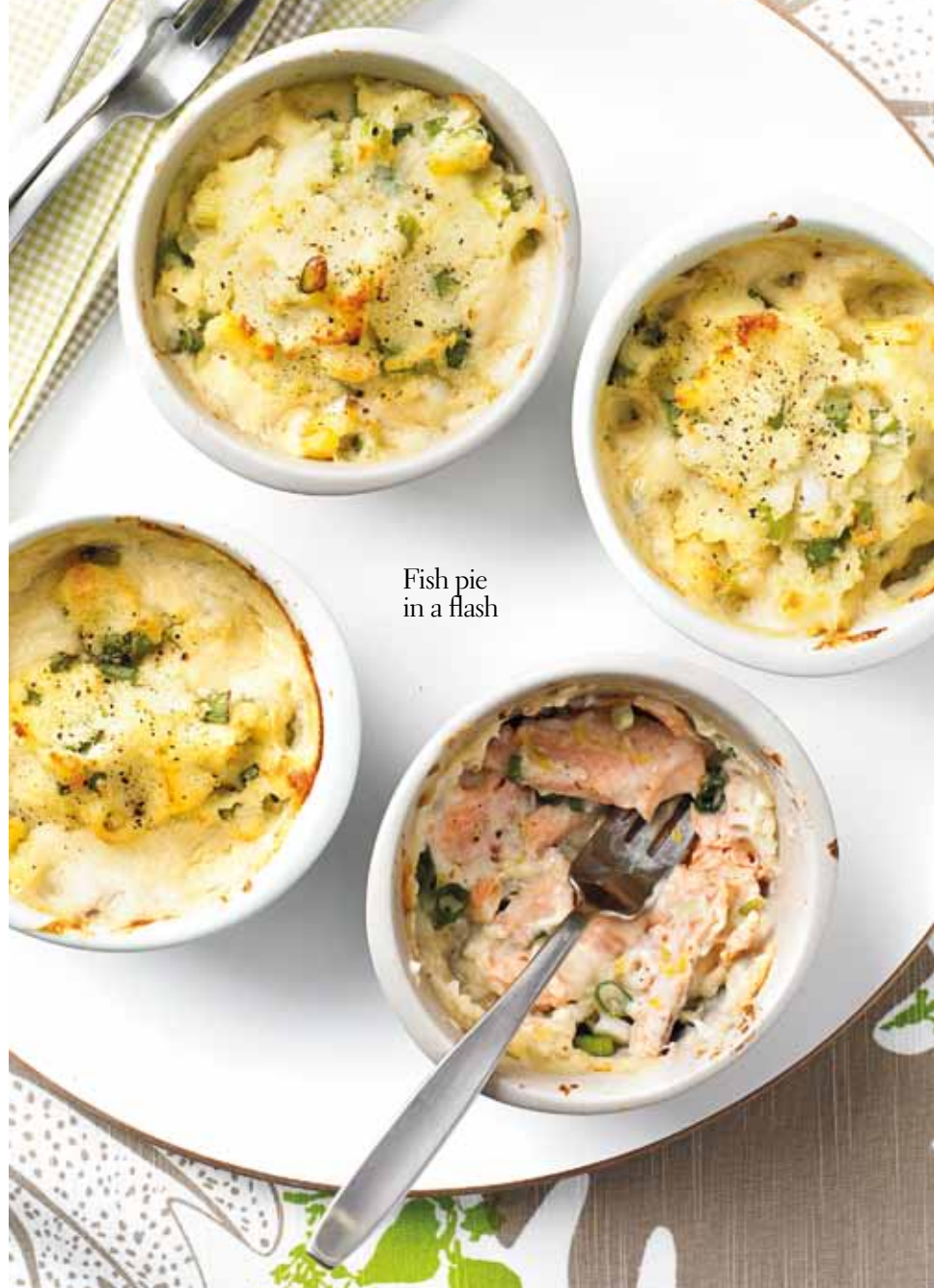
Parmesan shavings, to serve

**1** Bring a large pan of water to the boil and cook the pasta until nearly al dente. Throw in the broccoli and cook for 2 mins more. Drain, saving 1-2 tbsp of the water.

**2** Heat the oil in a large frying pan and add the garlic, fennel seeds, if using, and chillies. When they start to colour a bit, add the sausage and cook until golden and cooked through. Tip in the pasta and broccoli with the reserved water and toss. Serve hot with the Parmesan shavings.

PER SERVING 738 kcals, protein 34g, carbs 80g, fat 34g, sat fat 11g, fibre 7g, sugar 5g, salt 1.25g

**Tip** Sausages that contain flavours like sundried tomatoes, caramelised onions, Parmesan or fennel work well in this dish.



Fish pie  
in a flash

### Smoked trout fish pies

SERVES 4 ● PREP 20 MINS ● COOK 15 MINS

**Easy**

1½ tbsp butter

3 tbsp flour

350ml full-fat milk

1-2 tbsp creamed horseradish (optional)

small bunch dill, chopped

1 large bunch spring onions, chopped

zest 1 lemon

350g smoked trout fillets, any skin  
and bones removed, flaked into  
big chunks

450g leftover mashed potato

**1** Heat oven to 200C. Melt the butter in a saucepan, then stir in the flour for 1 min.

Gradually stir in the milk and horseradish, if using. Bubble the sauce to thicken for a couple of mins, then add the dill, three-quarters of the onions, the lemon zest, fish and some seasoning. Pour into 4 individual pie dishes or 1 large pie dish.

**2** Mix the mashed potato with the remaining spring onion. Spoon over the fish mixture, then bake for 15-20 mins until golden and bubbling.

PER SERVING 382 kcals, protein 27g, carbs 27g, fat 19g, sat fat 6g, fibre 3g, sugar 6g, salt 2.58g

### MAKE IT DIFFERENT

Swap the trout for **hot-smoked salmon**, or a mixture of **prawns** with some **snipped smoked salmon trimmings**.



**Coconut-crusted lime chicken**

SERVES 4 ● PREP 10 MINS ● COOK 25 MINS

Easy 

**8 skinless, boneless chicken thighs**  
**zest and juice of 2 limes, plus extra**  
**wedges to serve**

**2 tsp medium curry powder**  
**or garam masala**

**1 tsp chilli powder (optional)**

**50g desiccated coconut**

**1 tbsp vegetable oil**  
**mango chutney and rice, to serve**

Heat oven to 200C. Put the chicken in a large bowl with the lime zest and juice, curry powder, chilli powder, if using, and seasoning. Mix well, then toss in the coconut. Place chicken on a rack sitting in a roasting tin, drizzle with the oil, then bake for 25 mins until cooked through and tender. Serve with mango chutney, lime wedges for squeezing over and rice, if you like.

PER SERVING 316 kcals, protein 41g, carbs 2g, fat 16g, sat fat 9g, fibre 2g, sugar 1g, salt 0.49g

**Tip** Double the recipe, adding 8 chicken drumsticks instead of extra thighs, and make enough for your family's lunchboxes the next day.



Delicious  
hot or cold

## Leek & bacon risotto

SERVES 4 ● PREP 10 MINS

● COOK 25 MINS **Easy** 

**1.5 litres chicken stock**

**1 tbsp olive oil**

**4 streaky smoked bacon rashers,**  
**cut into pieces**

**3 large leeks, chopped**

**300g risotto rice**

**125ml white wine**

**50g grated Parmesan**

**1 bunch chives, chopped**

**1** Keep the stock hot in a saucepan.  
Heat the oil in another large pan and

fry the bacon until crisp. Remove from the pan with a slotted spoon and set aside.

**2** Stir in the leeks and soften for 5-7 mins. Add the rice and cook for 1 min. Pour in the wine and keep stirring until it is absorbed. Add the stock, one ladle at a time, stirring and waiting for the rice to absorb the liquid before adding more. Continue for about 20 mins until the rice is just cooked and the risotto has a creamy consistency. Season, then stir through the bacon along with most of the Parmesan and chives, saving a little of each to scatter over before serving.

PER SERVING 445 kcals, protein 17g, carbs 67g, fat 13g, sat fat 5g, fibre 6g, sugar 7g, salt 1.81g

## MAKE IT VEGGIE

### Leek, pea & pepper risotto

Leave out the bacon. Fry **2 sliced red peppers** with the leeks until softened. Use **vegetable stock** and, when the risotto is almost ready, stir in **140g frozen peas** to heat through. Finish with **grated vegetarian cheese**.

Warm-you-up dinner



**Apple & date turnover**

SERVES 4-6 ● PREP 20 MINS PLUS 10 MINS  
FREEZING ● COOK 20 MINS **Easy** ❄️

**1** tbsp plain flour, plus extra for dusting  
**375g** all-butter puff pastry  
**2** eating apples, peeled, cored and finely chopped  
**2** pitted dates, finely chopped  
**25g** caster sugar  
**½** tsp cinnamon  
**1** tsp lemon juice  
**1** egg, beaten, for brushing  
icing, to serve (optional)

**1** Heat oven to 200C. Place a baking sheet in the oven. Lightly flour a work surface

and roll the pastry out to a 25 x 30cm rectangle. Mix the apples with the dates, 1 tbsp flour, sugar, cinnamon, lemon juice and a pinch of salt. Spoon over one half of the pastry, leaving a border around the edge. Brush the edges of the pastry with a little of the egg, then fold the other half over the top, pressing the edges together to seal well. Slash the top with a knife and brush with the remaining egg.

**2** Place in the freezer for 10 mins to firm up the pastry, then carefully lift onto the hot baking sheet and bake for 20 mins. Drizzle with icing, if you like, and serve with custard or ice cream.

PER SERVING (for 4) 467 kcals, protein 8g, carbs 54g, fat 26g, sat fat 16g, fibre 3g, sugar 19g, salt 1g

**MAKE IT DIFFERENT****Apple & cranberry slice**

Make the recipe as above but swap the dates for **2 tbsp dried cranberries** and the lemon juice for a **good squeeze orange juice** and **zest ½ orange**.

Just add custard

# Superhealthy suppers

These simple, good-for-you meals will go down well any time of the week

RECIPES **MARY CADOGAN** PHOTOGRAPHS **ROGER STOWELL**

## Vegetable tagliatelle with lemon & chive sauce

SERVES 4 ● PREP 10-15 MINS

● COOK 10-12 MINS **Easy** **V** **✓** **High in fibre, good source of folic acid, low fat**

450g mixed vegetables such as green beans, asparagus, broad beans and peas

400g tagliatelle

1 lemon

1 tbsp Dijon mustard

1 tbsp olive oil

3 tbsp snipped chives

grated Parmesan (or vegetarian alternative), to serve

**1** Halve the green beans and cut the asparagus into 3 pieces on the diagonal. Cook the tagliatelle, adding the vegetables for the final 5 mins of the cooking time.

**2** Meanwhile, grate the zest from half the lemon and squeeze the juice from the whole lemon. Put juice in a small pan with the mustard, olive oil and a little black pepper. Warm through until smooth.

**3** Drain the pasta and veg, adding 4 tbsp of the water to the lemon sauce. Return the pasta to the pan, reheat the sauce, adding most of the chives, then add to the pasta, tossing everything together well. Divide between 4 shallow bowls and top each with black pepper, Parmesan and the remaining chives.

PER SERVING 469 kcals, protein 21g, carbs 84g, fat 8g, sat fat 3g, fibre 7g, sugar 4g, salt 0.48g

Smart enough to serve to friends



FOOD STYLING AND STYLING MARY CADOGAN



A healthy version of  
a not-so-healthy classic,  
breadcrumbs pork with  
grilled aubergine & spicy  
tomato sauce

**See recipe on p32 ►**





Perfect for grazing on

### Crunchy detox salad

SERVES 4 ● PREP 15-20 MINS

● COOK 1 MIN **Easy** **V** **✓** **Good source of vitamin C, counts as 3 of 5-a-day, low fat**

This vibrant salad is full of textures and flavours. It makes a great lunchbox or light supper and will keep in the fridge for up to three days. Give it a stir before serving.

- 250g broccoli, cut into small florets
- 100g ready-to-eat dried apricots, cut into strips
- 300g red cabbage, finely shredded
- 400g can chickpeas, rinsed and drained
- 50g sunflower seeds
- 1 small red onion, finely sliced
- 2cm piece ginger, grated
- juice of 1 small orange
- 1 tbsp balsamic vinegar
- 2 tsp olive oil

- 1** Blanch the broccoli in a pan of boiling water for 1 min. Drain and quickly cool under cold running water, then pat dry with kitchen paper. Put in a bowl with the apricots, broccoli, red cabbage, chickpeas and sunflower seeds.
- 2** Put the onion and ginger in a bowl with the orange juice, vinegar and oil. Mix well. Leave for 5 mins to soften the onion, then add to the salad and thoroughly toss everything together.

PER SERVING 248 kcals, protein 12g, carbs 28g, fat 11g, sat fat 1g, fibre 9g, sugar 16g, salt 0.38g

### Grilled fish with new potato, red pepper & olive salad

SERVES 2 ● PREP 10 MINS ● COOK 30 MINS

**Easy** **✓** **Heart healthy, high in omega-3s, vitamin C and folic acid, low fat**  
Salmon fillets also work well in this recipe.

- 300g new potatoes, cut into chunks
- 1 tsp olive oil
- 2 white fish fillets, such as cod
- 85g roasted red peppers from a jar or deli counter, chopped
- 6 stoned black olives
- 1 garlic clove, crushed
- 1 tbsp light mayonnaise
- 2 handfuls rocket leaves

- 1** Boil the potatoes for 15 mins until tender. Meanwhile, line a grill pan with foil and brush with a little oil. Put the fish on the foil, brush with oil and sprinkle lightly with salt and pepper. Grill the fish for 6-8 mins depending on thickness, until the flesh flakes easily.

- 2** Drain potatoes, then return to the pan and stir in the peppers, olives and garlic. Gently stir in the mayonnaise. Serve the fish with rocket and warm potato salad.

PER SERVING 360 kcals, protein 36g, carbs 28g, fat 12g, sat fat 2g, fibre 4g, sugar 4g, salt 1.43g



Easy fish supper

### Breadcrumbs pork with grilled aubergine & spicy tomato sauce

SERVES 2 ● PREP 15 MINS ● COOK 25 MINS

**Easy** **✓** **High in fibre, good source of vitamin C, counts as 5 of 5-a-day**

If you can't find pork escalopes choose lean slices of pork fillet and bat them out with a rolling pin.

- 4 escalopes of pork, about 100g each
- 1 egg white
- 3 tbsp dry breadcrumbs
- 400g can chopped tomatoes
- 1 red chilli, deseeded and thinly sliced
- 1 garlic clove, thinly sliced
- 1 tsp sugar
- 1 large aubergine, cut into ½cm slices
- 4 tsp olive oil

- 1** Trim off any visible fat from the pork and season with a little pepper. Beat the egg white with a fork in a shallow dish. Tip the breadcrumbs onto a plate. Coat pork first in egg, then in breadcrumbs. Chill to set the coating until ready to cook.

- 2** Tip the tomatoes into a pan with the chilli, garlic and sugar. Bring to the boil, then simmer for about 10 mins until thickened. Brush aubergine slices lightly on both sides with a little of the oil. Grill for 3-4 mins each side until tender and golden.

- 3** Meanwhile, heat the remaining oil in a large non-stick frying pan. Add the pork and fry for 3-4 mins each side until golden brown. Serve each pork escalope topped with aubergine slices and a spoonful of tomato sauce, with some green beans on the side, if you like.

PER SERVING 463 kcals, protein 52g, carbs 27g, fat 17g, sat fat 4g, fibre 6g, sugar 13g, salt 0.81g



# Love your leftovers

Never throw away food again – use up every scrap with these delicious recipes for snacks and treats **RECIPES MONAZ DUMASIA**

## BRILLIANT WAYS WITH BREAD

### Cheesy pizza toasts

**Good for you, low fat**

Grill **baguette slices** until golden, then spread each with a little leftover **tomato pasta sauce**. Top with **grated hard cheese** and a **pinch of chilli flakes**, then flash under a hot grill until bubbling and golden.

### Pitta crisps

**Good for you**

If you've got some stale **pitta breads** to hand, split them open, then cut into strips and spread onto a baking sheet in a single layer. Drizzle over a little **olive oil**, season, then bake for 10-15 mins at 180C until crisp and golden.

### Use-your-loaf crust

Pulse **4 slices bread** in a food processor with a **handful chopped parsley** or any other leftover soft herbs you have, **zest of 1 lemon**, **1 tbsp oil** and a little seasoning until the mixture looks like coarse crumbs. Press onto **fish or chicken fillets** before roasting in the oven, or use to top quick gratins. Will freeze for up to 1 month.

## USE UP EVERY LAST BIT

### Half-a-can houmous

Whizz **½ x 410g can chickpeas** or any other canned pulses in a food processor with **1 tbsp olive oil**, a **handful coriander leaves** and the **juice of ½ lime or lemon**, adding a splash of water if the houmous is a little thick. Season to taste and serve with veg sticks or with pitta crisps, above.

### Quick roasties

Toss leftover **boiled potatoes** with a little

**olive oil**, a light dusting of **paprika** and some seasoning, then roast for 15-20 mins at 220C until golden and crisp.

## REVIVE TIRED FRUIT AND VEG

### Versatile veg soup

**Good for you, low fat**

Fry **200g chopped raw vegetables** (such as onions, celery and carrots) with **300g potatoes**, peeled and cubed, in a little **oil** for a few mins until beginning to soften. Cover with **700ml stock** and simmer for 10-15 mins until the veg is tender. Blend until smooth, then season. Serve with a dollop of **crème fraîche** and some **fresh herbs**. Will freeze for up to 1 month.

### Banana smoothie

✓ **Low fat**

Peel over-ripe bananas, then wrap tightly in cling film and freeze until solid (up to 1 month). Cut **1 frozen banana** into chunks, then put in a blender with **½ glass orange juice**, **150ml pot natural yogurt** and **1 tsp clear honey**. Blend until smooth.

### Caramel apple wedges

Apples past their best can still be put to use for a quick dessert. Heat **2 tbsp caster sugar** in a small frying pan until dissolved and golden. Add **1 eating apple**, sliced into wedges, and **2 tsp butter**, swirling the pan as you go. Fry the wedges on both sides until everything is a deep golden colour, then spoon over ice cream while still warm.

### Pepper antipasti

✓ **Counts as 1 of 5-a-day**

Wrinkly, slightly soft peppers are great for roasting. Deseed and slice **1 pepper**, put



on a baking tray, then toss with **1 tsp dried oregano**, **1 tbsp olive oil** and a little seasoning. Roast for 15-20 mins at 200C until soft and turning golden. Leave to cool, then put in a bowl, drizzle with a little more olive oil and serve with **crusty bread**.

### Carrot muffins

**Good for you**

Slightly bendy carrots can be saved from the bin. In a large bowl, stir together **225g self-raising flour** and **225g golden caster sugar** with **1 tsp baking powder** and **1 tsp ground cinnamon**. In a jug, beat **150ml milk** and **150ml sunflower oil** with **2 eggs**, then pour into the dry mix along with **2 coarsely grated carrots** and **50g sultanas** or other dried fruit, stirring briefly. Divide between 12 muffin cases and bake for 15-20 mins at 180C until risen and golden.

• Find other ways to make more of your leftovers at [bbcgoodfood.com](http://bbcgoodfood.com)

# The Indian storecupboard

Television chef and cookbook author **Anjum Anand** recommends her must-have Indian storecupboard ingredients and shares simple, authentic recipes PHOTOGRAPHS **DAVID MUNNS**

“The storecupboard lies at the heart of Indian cooking and mine is like an Aladdin’s cave of ingredients. I love a stocked fridge and larder so that I have everything to hand once I’ve bought my fresh ingredients. From the spices that link different regional recipes to the skinned almonds I used to eat for breakfast as a child, a well-stocked larder always reminds me of the bustle of family life where there is always lots of cooking”



## Indian kitchen essentials

### ● Spices

As a basic Indian spice collection, I would recommend cumin and coriander seeds, garam masala powder, turmeric powder, red chilli powder and mustard seeds.

To add on, try cardamom pods, cloves and cinnamon sticks, all of which are the main spices for garam masala but have lots of individual personality.

To get maximum flavour, buy whole spices, then toast and grind when needed. Powdered spices are more convenient but they do lose their pungency after a few months, so it's best to buy them in small amounts. All spices benefit from being stored out of direct sunlight.

### ● Basmati rice

Basmati means 'full of fragrance' and it really does have its own delicate character. It is used mainly in lightly spiced North Indian pilafs and also simply boiled. Raw rice keeps well in an airtight container.

### ● Chillies

I keep a bag of dried red chillies in my larder. I use them whole in some dishes, and toast and grind them with spices in others. I also stock up on fresh chillies. A tip is to pierce 2-3 chillies with the end of a knife and add them whole to a dish while cooking. The extreme heat stays within the chilli but imparts its flavour to the dish.

### ● Coconut milk

Fresh is best but you can also use good-quality canned coconut milk and frozen grated fresh coconut.

### ● Yoghurt

This north Indian cooking staple adds tartness and creaminess. It is also quite usual to have a raita – a mixture of yoghurt and cucumber – with meals to balance the heat of the spices. When you cook with yoghurt, make sure it is at room temperature before adding to hot food as it could curdle.

### ● Fresh herbs

Coriander and mint add flavour to a dish and are cooling when you're eating spicy food. Coriander is north India's favourite herb, whereas southerners love aromatic curry leaves. Add curry leaves whole to hot oil, or to a pot of cooking vegetables or curry to give your dish a wonderful, unmistakable flavour. Dried curry leaves have little aroma, so buy fresh leaves and store them in a bag in the fridge.

### ● Tamarind paste

You can buy concentrated tamarind pastes to add its characteristic tart, sour character and depth of flavour to a dish. The bought pastes have different amounts of sourness, so add a little at a time and taste as you go.

### ● Nuts

These are an important component of the Indian diet as they are prized for their richness and protein. Almonds, cashew nuts, peanuts and pistachios are all eaten regularly, added to dishes, ground to a paste or simply roasted.



**Spiced prawn & coconut pilaf**

SERVES 4 ● PREP 15 MINS

● COOK 30 MINS **Easy** **Good for you**

This delicious pilaf is vibrant in colour and flavour. It's particularly easy to make as you cook the rice separately, then fold it into the flavourful masala, which lightly coats each grain. Use as many prawns as you like – a few more or a few less will not take away from the flavours.

**250g basmati rice, washed well****small piece fresh root ginger, roughly chopped****2 large garlic cloves****2 medium tomatoes, quartered****4 tbsp vegetable oil****1 tsp cumin seeds****5 black peppercorns****½ cinnamon stick****3 cloves****3 cardamom pods****1 medium onion, finely sliced****½ tsp turmeric****¼ tsp chilli powder****1 tsp ground coriander****300g raw prawns, peeled****handful flaked unsweetened coconut, to serve**

**1** Cook the rice according to pack instructions, then set aside. Put the ginger, garlic and tomatoes into a food processor, blend to make a paste, then set aside until you're ready to cook.

**2** Heat the oil in a large non-stick pan and add the whole spices. Once they sizzle, add the onion, frying over a medium heat for about 10 mins until soft. Add the ground spices and paste, then cook over a low heat, stirring occasionally until the sauce has released the oil back into the pan. Add the prawns, then cook for a few mins until cooked through – the mixture should be quite dry and paste-like.

**3** Stir the cooked rice into the pan to coat it well in the spices. Make sure the rice is heated through, then serve scattered with the coconut.

PER SERVING 429 kcal, protein 20g, carbs 56g, fat 16g, sat fat 4g, fibre 2g, sugar 4g, salt 0.41g



Wonderful, aromatic flavours



### Cashew, chilli & lime-crusted fish

SERVES 4 • PREP 10 MINS PLUS

MARINATING • COOK 15 MINS

**Easy** **High in omega-3**

This full-flavoured crust will perk up any type of fish. Don't be afraid of using four chillies – there will only be a hint of heat when they're combined with the fish. Serve with seasonal vegetables or a side salad.

- 1 tbsp vegetable oil
- 1 fat garlic clove, finely grated until it resembles a paste
- 4 skinless sustainable white fish fillets, about 140g each
- 5 tbsp lime juice

#### For the crust

- 100g cashew nuts
- 4 mild red chillies
- 6 fat garlic cloves, peeled
- thumb-tip-size piece fresh root ginger, roughly chopped
- 1 tbsp cumin powder
- 2 tbsp vegetable oil

**1** Rub the oil and garlic paste over the fish with 2 tbsp of the lime juice. Season, then marinate for 20-30 mins.

**2** Heat oven to 190C. Whizz together the crust ingredients and the remaining lime juice to make a rough paste. Pat the fish fillets dry with some kitchen paper, then press a quarter of the crust onto each fillet. Lift onto an oiled baking tray, then roast for 12-15 mins until cooked through.

PER SERVING 356 kcals, protein 32g, carbs 8g, fat 22g, sat fat 3g, fibre 1g, sugar 2g, salt 0.24g

### Fragrant chicken, coriander & coconut curry

SERVES 4 • PREP 15 MINS

• COOK 1 HR 10 MINS **Easy**

Try serving this curry with basmati rice, naan bread or even rice noodles.

- 400ml coconut milk
- small bunch coriander
- 6 large garlic cloves
- small piece fresh root ginger, quartered
- 1-2 thin green chillies
- 2 tbsp vegetable oil
- 8 skinless chicken thighs or drumsticks
- 1 medium onion, finely chopped
- 3 cloves
- thumb-size piece cinnamon stick
- 1½ tsp cumin powder
- 1½ tsp coriander powder
- 1 tsp garam masala
- 1 tsp tamarind paste

**1** Whizz together the coconut milk and coriander (leaves and stalks) in a food processor, then tip out and set aside. Quickly wipe out the machine, add the garlic, ginger and chillies, then whizz with enough water to make a paste.

**2** Heat the oil in a large non-stick pan. Brown the chicken well on all sides, then remove. Add the onion, cloves and cinnamon and fry until lightly coloured. Add the chilli paste to the pan, then cook until most of the liquid has evaporated.

**3** Return the chicken, then stir in the powdered spices and coconut paste. Bring to a boil, cover the pan, then cook for 40-50 mins, removing the lid halfway through cooking so the sauce can thicken. Check the chicken is cooked, stir in the tamarind paste, season to taste, then add a splash of water if the sauce has thickened too much.

PER SERVING 438 kcals, protein 39g, carbs 9g, fat 28g, sat fat 16g, fibre 1g, sugar 5g, salt 0.69g



### Baked ricotta-stuffed tandoori potatoes

SERVES 6 • PREP 30 MINS

• COOK 50 MINS

**Easy** **Good source of vitamin C**

To make garlic or ginger pastes, finely grate garlic or ginger, or whizz in a food processor with a little water. Refrigerate fresh pastes in an airtight container for a week, or freeze in ice-cube trays.

#### 6 medium potatoes

#### For the tandoori paste

- 150ml Greek yoghurt
- 1½ tsp each garam masala and cumin powder
- 1½ tsp each garlic and ginger paste
- ½ tsp turmeric
- ½ tsp red chilli powder
- 2 tsp lemon juice
- 1 tbsp vegetable oil

#### For the filling

- 4 tsp lemon juice (or to taste)
- 200g ricotta
- 3 spring onions, finely sliced
- 2 green chillies, finely chopped
- small bunch coriander, finely chopped
- 1½ tsp cumin powder
- 1¼ tsp freshly ground black pepper
- handful cashew nuts, roughly chopped
- 4 tsp vegetable oil

**1** Heat oven to 190C. Slice the rounded ends off the potatoes, then use an apple peeler and small knife to hollow out the potato, leaving a 1-2cm edge.

**2** In separate bowls, mix ingredients for the paste and the filling, seasoning both mixtures generously – the potato will absorb some of the salt.

**3** Fill potatoes with the ricotta filling, then coat in the paste. Sit the potatoes in an ovenproof dish, spoon remaining paste on top, then cook for 50 mins-1 hr until the potato is soft when pierced with the tip of a knife. Serve thickly sliced with a salad of tomato, onion and coriander.

PER SERVING 278 kcals, protein 10g, carbs 31g, fat 14g, sat fat 5g, fibre 2g, sugar 3g, salt 1.27g



# GLAD<sup>®</sup>

## ZIP SLIDE<sup>®</sup>

RECLOSABLE STORAGE BAGS

### IDEAL FOR



School lunches & snacks



Storing toiletries  
when travelling



Storing small items



General knick knacks



SIZES AVAILABLE: SMALL - 17cm x 21cm, LARGE - 30cm x 30cm

Easy to Open and Close



- ✓ Cling Tight: Great cling creates a tight seal. Easy To Handle Wrap: Stay controllable after torn from roll.
- ✓ Microwave-Safe: Defrost, reheat with this versatile wrap.
- ✓ Helps Keep Food Fresh: Tight seal protect your food and its freshness.



Crystal Clear Polyethylene



- ✓ Has a Non-Stick coating so there is no need to grease the paper.
- ✓ Is heat resistant to 230°C or 450°F.
- ✓ Can be used in conventional & microwave oven.



Non-stick Baking and Cooking Paper

Available at all leading hypermarkets & supermarkets.

Distributed by:

Malaysia: **FFM MARKETING SDN. BHD.** (180433-A). PT 15425, Batu 15 1/2, Sungai Pelong, P.O.Box 78, 47000 Sungai Buloh, Selangor Darul Ehsan. Tel: (03) 6156 5888  
Singapore: **SENSATEC (ASIA) PTE. LTD.** 16A, Foch Road, Singapore 209259. Tel: (65) 6296 2722. Email: sensatec@singnet.com.msg

[www.glad.com](http://www.glad.com)

# Make one **freeze one**

Marinating meat for the barbecue makes it more tender and flavoursome, but it does require time. So make a big batch of these delicious Greek kebabs, then freeze some for a sunny day

RECIPE **SARAH COOK** PHOTOGRAPH **LIS PARSONS**

## Lamb souvlaki skewers

MAKES 10 ● PREP 10 MINS PLUS  
MARINATING ● COOK 10-12 MINS

**Easy**  skewers only

1.5kg lamb leg or shoulder  
(fat trimmed), cut into chunks  
100ml olive oil  
100ml red wine  
2 tsp dried oregano  
zest and juice 2 lemons  
2 garlic cloves, crushed

### To serve

flatbread, shredded red cabbage  
(tossed with lemon juice),  
cucumber, tomato, chilli sauce and  
natural yoghurt

**1** Put the lamb into a large bowl or strong food bag. Add the olive oil, wine, oregano, lemon zest and juice, garlic and black pepper – don't add salt yet. Mix together so that all the lamb is completely coated, then chill and marinate for at least a few hrs or overnight.

**2** Lift the chunks of lamb out of the marinade and thread onto 10 metal skewers, or wooden ones that have been soaked. Freeze (see freezing tips, below), or heat a grill, barbecue or griddle pan if you want to eat them straight away.

**3** Season the meat with salt, then cook the skewers for 10-12 mins, turning, until cooked to your liking. Serve tucked into warm flatbreads with salad and drizzle with chilli sauce and yoghurt.

PER SERVING (including accompaniments)

356 kcs, protein 34g, carbs 20g, fat 16g, sat fat 6g,  
fibre 2g, sugar 4g, salt 0.99g



A real crowd-pleaser

## TO FREEZE YOUR SKEWERS

● Stack the skewers in groups on shallow baking trays, then wrap tightly in cling film and freeze. Or simply portion up the chunks of lamb and freeze in separate freezer bags. Don't put the skewers into bags as they might pierce the plastic and let in air – which can cause 'freezer burn'.

● The skewers will freeze perfectly for up to three months. Defrost the meat thoroughly (overnight in the fridge is best).

● Only season the lamb with salt just before you cook it, or the salt will draw moisture from the meat and your skewers won't be as moist.

 Look out for the freezer symbol on our recipes at [bbcgoodfood.com](http://bbcgoodfood.com)



**Vita Craft®**  
Made In USA since 1939



## Uncover a new secret to healthy living with the revolutionary Vita Craft Cookware

- No 1 Cookware Brand in Japan
- Entire Multi Ply Layering System, giving fast heat conduction
- Vapor Seal Waterless Cooking, retaining the natural juices & nutrients of food
- 10 years warranty

Available at Isetan Scotts,  
Household Dept Level 4

**Ultra**  
**Vita Craft**  
Ultra Ply® Nicromium® Steel  
03 - No. 9202  
Made in U.S.A.

Exclusively Distributed By:



**HEAP SENG GROUP PTE LTD**

36 Liang Seah Street Heap Seng House  
Singapore 189057

Tel: (65) 6338 1343 Fax: (65) 6339 3825

[www.heapseng.com](http://www.heapseng.com)

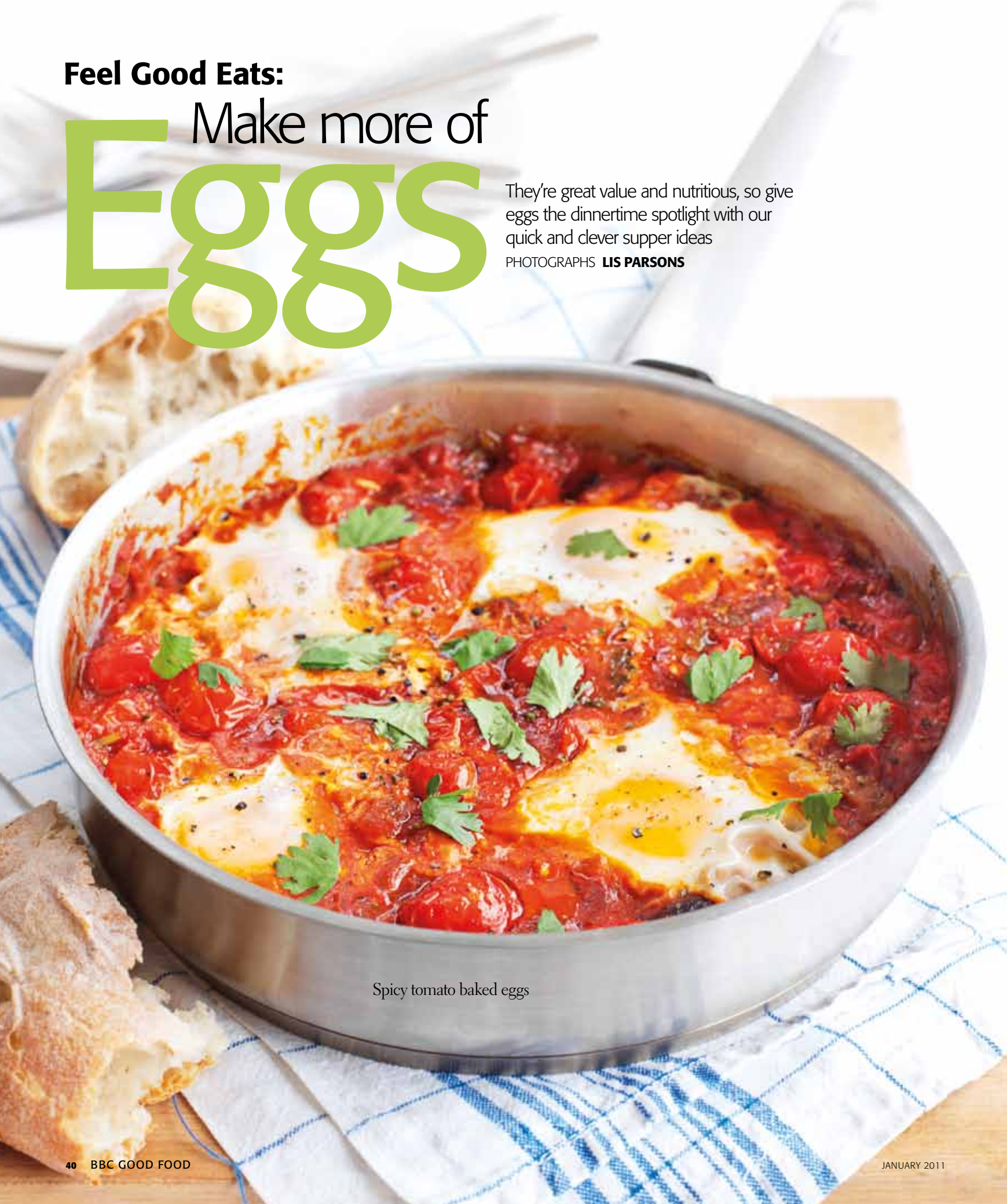


**Feel Good Eats:**

# Make more of **Eggs**

They're great value and nutritious, so give eggs the dinnertime spotlight with our quick and clever supper ideas

PHOTOGRAPHS **LIS PARSONS**



Spicy tomato baked eggs



**Spicy tomato baked eggs**

SERVES 2 ● PREP 5 MINS ● COOK ABOUT 20 MINS **Easy**  **Sauce only**  **Good source of iron, folic acid and vitamin C, counts as 2 of 5-a-day**

Vary this dish by flavouring the simple tomato sauce with whatever you have to hand – curry powder, pesto or fresh herbs.


**1 tbsp olive oil**  
**2 red onions, chopped**  
**1 red chilli, deseeded and finely chopped**  
**1 garlic clove, sliced**  
**small bunch coriander, stalks and leaves chopped separately**  
**800g cherry tomatoes**  
**1 tsp caster sugar**  
**4 eggs**

**1** Heat the oil in a frying pan that has a lid, then cook the onions, chilli, garlic and coriander stalks for 5 mins until soft. Stir in the tomatoes and sugar, then bubble for 8-10 mins until thick. Can be frozen for 1 month.

**2** Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with crusty bread.

PER SERVING 340 kcs, protein 21g, carbs 21g, fat 20g, sat fat 5g, fibre 6g, sugar 17g, salt 1.25g

**Scrambled omelette toast topper**


SERVES 1 ● PREP 5 MINS ● COOK 5 MINS **Easy** 

**2 eggs**  
**1 tbsp crème fraîche**  
**25g cheddar, grated**  
**small bunch chives, snipped**  
**1 spring onion, sliced**  
**1 tsp oil**  
**3-4 cherry tomatoes, halved**  
**2 slices crusty bread, toasted**

Beat together eggs, crème fraîche, cheese and chives with a little seasoning. Heat oil in a pan, then soften spring onion for a few mins. Add tomatoes and warm through, then pour in egg mixture. Cook over a low heat, stirring, until eggs are just set. Pile over toast.

PER SERVING 571 kcs, protein 30g, carbs 42g, fat 33g, sat fat 13g, fibre 2g, sugar 4g, salt 1.98g

**Minty salmon & broccoli frittata**

SERVES 4 ● PREP 5 MINS ● COOK 25 MINS **Easy** 

Frittatas make fast and filling raid-the-fridge dinners. Make sure all ingredients are cooked before you add the eggs.

**500g new potatoes**  
**1 small head broccoli, cut into florets**  
**2 skinless salmon fillets**  
**1 tbsp olive oil**  
**small handful mint, finely chopped**  
**8 eggs, beaten**

**1** Boil potatoes for 10-12 mins, adding the broccoli for the final 4 mins, until all are tender. Drain well. Meanwhile, place salmon in a microwaveable dish, splash a little water, then cover in cling film and microwave on high for 2½ mins until the fish flakes.

**2** Heat the grill. Heat the oil in a deep frying pan. Cut the potatoes into chunky slices, then fry over a high heat until golden on the edges. Flake the salmon into large chunks and poke amongst the potatoes with the broccoli. Stir the mint and some seasoning into the eggs, then pour into the pan. Leave for 6 mins over a low heat until the sides are set and just the centre is a little wobbly, then flash under the grill to set completely and brown. Serve in wedges with green salad.

PER SERVING 440 kcs, protein 34g, carbs 21g, fat 24g, sat fat 6g, fibre 3g, sugar 3g, salt 0.56g

**HOW FRESH ARE THEY?**

To test the freshness of eggs, simply pop them in a pan of water. Fresh eggs will sink to the bottom on their sides. Slightly older ones will stand on the bottom. Discard eggs that float to the surface as these are past their best.

**HOW TO USE YOUR EGGS**

**Fresh eggs** Great for when you need the eggs to hold their shape, such as poaching or frying – use these for our spicy tomato baked eggs.

**Older eggs** Perfect for baking, especially meringues or airy sponges – older eggs relax so you'll get much better volume when you whisk them. Also try hard-boiling – the shells will be much easier to peel away.

**Freezing eggs** Whole beaten eggs freeze well, as do egg whites. In fact, frozen egg whites make better meringues

than fresh ones. Freeze singles in ice cube trays, or batches in small bags – just make sure you label how many you've frozen together.

**BUYING THE BEST**

We recommend you choose organic or free-range eggs, laid by hens with constant access to outdoor runs and ventilation.

**HEALTHY BENEFITS**

Eggs are packed with nutrients, including proteins and essential mineral and vitamins, particularly B vitamins. The yolk contains carotenoids, which help to keep eyes healthy. Eggs are a good source of choline, too, which supports brain function.





Save leftovers for lunch, minty  
salmon & broccoli frittata  
**See recipe on p41** ◀



## Two-step carbonara

SERVES 4 ● PREP 2 MINS ● COOK 12 MINS

Easy 

The simple sauce for this dish can be made in the time it takes to boil pasta.

**350g spaghetti or linguine**  
**140g diced pancetta, or smoked streaky bacon**  
**2 tsp olive oil**  
**1 garlic clove, crushed**  
**1 egg, plus 4 yolks**  
**50g Parmesan, grated**

**1** Boil the pasta. Meanwhile, fry pancetta in oil in a frying pan for a few mins until golden and crisp. Add garlic, fry for 1 min, then turn off the heat. Briefly whisk egg and yolks with most of the Parmesan and some seasoning.

**2** Drain pasta, reserving a little of the cooking water. Add eggs and a tbsp of cooking water, then mix until pasta is coated and creamy. The heat from the pasta will gently cook the sauce. Stir in the pancetta and garlic then serve, topped with the remaining Parmesan.

PER SERVING 575 kcals, protein 28g, carbs 65g, fat 24g, sat fat 9g, fibre 3g, sugar 3g, salt 2.11g

Quick and simple supper

## Asian Kitchen:

# Easy Peranakan



Not all Nonya cooking requires you to spend hours slaving over the stove. These dishes by Chef **Malcolm Lee** of Candlenut Kitchen are a breeze to prepare and super delicious!

STYLING **DENISE R. LOWEM** PHOTOGRAPHS **CALVIN TAN**



6 Influenced by both Chinese and Malay cooking, Peranakan cuisine is characterised by the intricate use of spices as well as hearty, appetising flavours. 9

### Ye ye's curry

SERVES 6 ● PREP 15 MINS

● COOK 25 MINS **Easy** ❄️

Chef Lee inherited this recipe from his great-grandfather, hence the name of the dish, which means 'grandfather's curry'. The rice in the spice paste acts as a natural thickener for this cream-coloured curry. Best enjoyed with a bowl of white rice.

250ml + 250ml coconut cream  
1.5kg chicken, chopped

#### For the spice paste

30g white rice  
150ml water  
105g peeled shallots  
45g peeled garlic  
12 green chilli padi  
1 tbsp shrimp paste (belachan)  
2 tsp white peppercorns  
8g chopped lemongrass  
4g chopped galangal  
2 kaffir lime leaves  
1½ tsp salt

**1** Begin by preparing the spice paste. Soak the rice in water for 10 mins, then pour it (with the water) into a blender and add shallots, garlic, chilli padi, belachan, peppercorns, lemongrass, galangal, lime leaves and salt. Whiz to a smooth paste.

**2** Transfer paste to a pot set over medium heat. Add 250ml coconut cream and bring to a simmer. Add in the chicken and simmer for 15 mins, stirring constantly to prevent it from burning.

**3** Add the remaining coconut cream, simmer for 1 min and adjust seasoning.

Finely slice a few kaffir lime leaves and sprinkle on top before serving. You can freeze the curry for up to 2 weeks. To serve, thaw in the fridge and add a splash of coconut milk when reheating.

PER SERVING 765 kcals, protein 49g, carbs 12g, fat 58g, sat fat 32g, fibre 1g, sugar 1g, salt 0.79g

### Assam cheena

SERVES 4 ● PREP 10 MINS

● COOK 10 MINS **Easy** ❄️

Prawns add an aromatic sweetness to this tangy, spicy broth, which tastes quite similar to Thai tom yum soup.

2 tbsp tamarind pulp  
550ml water  
1 onion, sliced  
1 stalk lemongrass, bruised  
2 red chillies, slit lengthwise  
6 green chillies, slit lengthwise  
½ tbsp shrimp paste (belachan)  
2½ tbsp sugar  
1½ tbsp salt  
300g squid or prawns, or a mix of both

**1** Mix the tamarind pulp with the water. Strain through a fine sieve, reserving the tamarind water and discarding the pulp.

**2** Place all the ingredients in a pot except the seafood, and bring to a boil. Simmer for 5 mins to allow the flavours to infuse. You can freeze the broth for up to a month.

**3** When ready to serve, heat the broth, add in the seafood and simmer until cooked through. Serve immediately.


PER SERVING 88 kcals, protein 15g, carbs 5g, fat 1g, sat fat none, fibre 1g, sugar 4g, salt 2.54g



Ready in minutes





A close-up photograph of a bowl of ye ye's curry. The bowl is white with a colorful, patterned rim. It contains a thick, light-colored curry sauce with several dumplings. A sprig of fresh dill is garnishing the top. In the background, a small bowl of white rice is visible, with a pair of chopsticks resting on it.

TIP Be sure to  
blend the spice  
paste until it is very  
smooth and no  
longer fibrous.

Rich and aromatic  
ye ye's curry  
See recipe on p44 ◀





TIP Chinchalok is quite salty so you can reduce the amount of salt needed, if you prefer.

Easy weeknight dinner  
with chinchalok chicken  
See recipe on p49 ►



Spice things up





Great for kids

**Sambal petai prawns**

SERVES 4 ● PREP 15 MINS

● COOK 10 MINS **Easy** 

Petai beans are commonly used in Southeast Asian cooking. The heat from the piquant spice paste complements the slightly bitter beans perfectly.

**50g tamarind pulp****125ml water****2 tbsp cooking oil****250g large prawns, shelled with the head and tail intact****100g petai beans****1 tbsp sugar****1 tsp salt****1 red chilli, sliced to garnish****2 cloves garlic, sliced and fried until golden, to garnish****2 shallots, sliced and fried until golden, to garnish****For the spice paste****6 red chillies****6 chilli padi****40g shrimp paste (belachan), toasted****3 shallots****3 kaffir lime leaves****3 cloves garlic**

**1** Mix tamarind pulp with water and strain through a fine sieve, reserving the tamarind water and discarding the pulp.

**2** Make the spice paste. Place the red chillies, chilli padi, belachan, shallots, kaffir lime leaves and 3 garlic cloves in a blender and blend to a smooth paste.

**3** Heat oil in a pan. Add the prawns and pan-fry until half-cooked. Add the spice paste and petai beans, and stir-fry for 1 min. Stir in the tamarind water, sugar and salt, and simmer until the prawns are pink and cooked through. Garnish with sliced red chilli, fried garlic and shallots. Serve immediately.

PER SERVING 250 kcals, protein 38g, carbs 2g,

fat 9g, sat fat 4g, fibre 1g, sugar 1g, salt 1.54g

**Babi pongteh**

SERVES 8 ● PREP 10 MINS

● COOK 50 MINS-1HR **Easy** 

This braised pork dish is so easy to prepare and it keeps really well, too. For the best flavour, make this up to three days in advance and heat over a really low flame for about 45 mins before serving.

**200g shallots****40g garlic****4 tbsp oil****1½ tbsp fermented soybean paste (tau cheo)****1 tbsp coriander powder****1 kg pork belly, cubed****850ml water****1½ tbsp sugar****1½ tbsp dark soy sauce****½ tsp salt**

**1** Blend the shallots and garlic in a blender until smooth.


**2** Heat oil in a wok. Fry the shallot-garlic paste over medium heat until fragrant and the oil starts to separate. Add in the soybean paste and coriander powder. Stir-fry for 1 min, add in the pork, and stir-fry for another 1 min.

**3** Add the water, sugar, salt and dark soy sauce. Simmer for 45mins-1hr until the pork is tender. Serve warm or freeze for up to 1 month.

PER SERVING 621 kcals, protein 11g, carbs 8g, fat 60g, sat fat 22g, fibre 0.5g, sugar 4g, salt 0.33g

**Chinchalok chicken**

SERVES 4 ● PREP 10 MINS

● COOK 15 MINS **Easy** 

Chinchalok is a pinkish coloured paste made from fermented small shrimps. It is quite an acquired taste, so use sparingly if you are unsure of the flavour. You can use pork fillets instead of chicken for this dish.

**5 + 2 tbsp cooking oil****1 block firm beancurd (tau kwa), sliced into thick strips****2-3 cloves garlic, sliced****2 shallots, sliced****4 tbsp fermented shrimp paste (chinchalok)****300g boneless chicken, sliced****1 tbsp lime juice****1 tsp salt****1 tbsp sugar****1 red chilli, sliced****1 bunch Chinese celery, chopped**

**1** Heat 5 tbsp oil in a wok. Add beancurd and deep-fry until golden brown. Remove when cooked and drain excess oil on kitchen towel.

**2** Pour away oil and heat remaining 2 tbsp oil. Fry the garlic and shallots until fragrant, about 1 min.

**3** Add in the shrimp paste and sauté until fragrant, about 2 mins. Add the chicken meat, lime juice, salt and sugar, and stir-fry until the chicken is cooked through.

**4** At the last minute, stir in the sliced red chilli and Chinese celery. Dish up and serve immediately.

PER SERVING 96 kcals, protein 17g, carbs 2g,

fat 2g, sat fat 0.3g, fibre 0.3g, sugar 4g, salt 0.15g



Bite-size goodness

## Pineapple tarts

MAKES 50 ● PREP 30 MINS PLUS  
OVERNIGHT CHILLING ● COOK 1 HR

**Moderately Easy** 🌶️

These fruity tarts are a Chinese New Year favourite. You can easily purchase ready-made pineapple filling, but it is best to take some time to cook your own – you will taste the difference!

- 2 pineapples, peeled, cored and grated**
- 180g + 70g caster sugar**
- 1 cinnamon stick**
- 5 + 50 cloves**
- 180g unsalted butter, softened**
- 1 tsp vanilla extract**
- 300g all-purpose flour**
- 50g milk powder**
- 1 tsp salt**
- 1 egg**
- 3 egg yolks, for egg wash**

**1** Make the pineapple filling. Place the grated pineapples, 180g sugar, cinnamon stick and 5 cloves in a saucepan over

medium heat. Cook, stirring occasionally, until all the moisture has evaporated and the pineapple mixture has caramelised, about 45 mins. Chill overnight in the fridge.

**2** Beat butter, remaining sugar and vanilla extract until light and fluffy, about 5 mins. Sift together the flour and milk powder, and stir into the creamed butter. Add in salt and 1 egg, and mix well until dough comes together. Cover with cling wrap and chill in the fridge for about 2 hrs until the dough is firm.

**3** Preheat oven to 170C. Divide the dough into 3cm balls. Flatten each ball and place 1 tsp of the pineapple filling in the centre. Wrap dough around the filling and roll into a ball. Insert a clove on top and brush with egg yolks. Repeat until all the dough and filling is used up.

**4** Bake for 12-15mins until the pastry is golden brown. Serve immediately. You can keep it for up to a week in an airtight container, or frozen for up to 2 months.

PER SERVING 94 kcals, protein 2g, carbs 15g, fat 4g, sat fat 2g, fibre 1g, sugar 9g, salt 0.06g

## Nonya otak

MAKES 10 ● PREP 20 MINS

● COOK 15 MINS **Moderately Easy** 🌶️

Wrapping the fish paste in banana leaves infuses these spiced fish cakes with a subtle fragrance.

- 300g minced mackerel**
- 200g prawns, shelled and finely chopped**
- 10 kaffir lime leaves, finely chopped**
- 2 eggs**
- 125ml coconut cream**
- 1 tbsp salt**
- 1 tbsp sugar**
- 5 banana leaves**

### For the spice paste

- 60g shallots**
- 15g garlic**
- 12g turmeric**
- 12g lemongrass**
- 3 candlenuts**
- thumbnail-sized piece of galangal**
- 1 tbsp shrimp paste (belachan)**
- 1 tbsp coriander powder**
- 100g dried chillies, soaked in water and drained**

**1** Make the spice paste. Place all the spice ingredients in a blender and blitz until smooth.

**2** Fry the spice paste over medium heat until fragrant, about 10 mins.

**3** Mix the spice paste, fish, prawns, kaffir lime leaves, eggs and coconut cream in a mixing bowl. Season with salt and sugar.

**4** Cut the banana leaves into rectangles measuring 20 x 10cm. Place about 100g of the mixture on the centre of a cut leaf, fold to form a rectangular parcel and secure with toothpicks at both ends. Repeat until all the fish paste is used up. The otak can be frozen uncooked for up to 1 month. To serve, defrost the parcels overnight in the fridge, then proceed with step below.

**5** Grill the parcels over a charcoal or electric grill for 3 mins on each side. Serve warm.

PER SERVING 118 kcals, protein 4g, carbs 9g, fat 7g, sat fat 2g, fibre 1g, sugar 2g, salt 0.13g



Perfect for entertaining

TIP Mackerel is ideal for Nonya otak as it gives the best taste and texture. Other fishes tend to become too watery.

# Soy good for you

Soybeans are super versatile and chockfull of nutrients

WORDS & RECIPE **ANGELEIGH KHOO** PHOTOGRAPHS **CALVIN TAN** STYLING **PEARL LIM**

It has been dubbed a wonder bean and a miracle bean, and for good reason, too. In the vast world of legumes, the humble soybean stands out for its many health benefits. Packed with protein, omega-3 fatty acids and essential vitamins, it is also a significant source of isoflavones, a plant compound believed to aid in the prevention of several diseases including osteoporosis, heart disease and hormone-related cancers. Soy protein has also been recognised as one of the best substitutes for animal protein, and soybeans are often used in meat- and dairy-free alternatives.

On top of these merits, soybeans should also be lauded for their remarkable versatility. Take a walk through any supermarket and you will likely come across at least three soy-based products. From tofu and soymilk in the chillers to cooking oil and soy sauce in the condiment aisle, there is no escaping the bean in its numerous incarnations.

## Soy around Asia

Soy sauce, soymilk and tofu are some of the most commonly available soy products in Asia. Made by brewing soybeans with roasted grains, salt and water, soy sauce is an indispensable condiment in Asian cuisines. It is used in marinades, added during cooking to flavour dishes and served as a dipping sauce for various dishes including sushi, boiled eggs and steamed fish.

Made by grinding dried soybeans with water, soymilk is commonly drunk sweetened but salted versions abound in China, where a typical breakfast consists

of salty soymilk with a side of Chinese flatbread (shao bing) or deep-fried dough sticks (you tiao).

To make tofu, soymilk is mixed with a coagulant and the resulting curd is shaped into blocks. Tofu is served in many forms across Asia: it is chilled and combined with brown sugar syrup and pearl sago in the Philippines; cubed and added to soups, braises and stews in China, Japan and Korea; and deep-fried and added to salads and spicy stir-fries in Malaysia and Indonesia.

These are just the tip of the iceberg. From fermented soy cake (tempeh) in Indonesia and fermented soybeans (natto) in Japan to fermented soybean paste (doenjang) in Korea and fermented tofu (fu yu) in China, many more soy-based products are consumed in Asia alone. But before you pick up one of the many processed soy products, why not try cooking with the bean itself? Unprocessed soybeans are delicious on their own and they make handy pantry staples, too.

## Yellow, black and green

Soybeans are typically harvested when the crops are fully mature and the beans are dry and hard. Most often creamy yellow in colour, dried soybeans are readily available in the dried foods section of supermarkets as well as in neighbourhood provision stores. While they require a longer soaking time as compared to other beans, they are easy to prepare and boast an exquisite nutty flavour (see Cooking dried soy beans, p54). Keep your eyes peeled the next time you're out grocery shopping and you may

## SOY HISTORY

Soybeans originated thousands of years ago in ancient China, where it was designated as one of the five sacred grains, along with barley, wheat, millet and rice. By the first century AD, soybeans were grown in various countries in the region and the beans, along with fermented soy products such as natto and tempeh, were steadily incorporated into Asian diets. Soybeans only found their way into Europe in the 18th century and America in the 1880s.



ADDITIONAL PHOTOS 123RF.COM



❧ Before you pick up one of the many processed soy products, why not try cooking with the bean itself? Unprocessed soybeans are delicious on their own and they make handy pantry staples, too. ❧



come across the less common black soybeans. These have a sweeter and more intense flavour than yellow beans, and are sold either dried or canned.

When cooked, yellow and black soybeans can be eaten as they are, enlivened with a splash of lemon juice and a sprinkle of sea salt. If you have guests coming over, season the beans generously with salt and pepper, and then combine with freshly chopped herbs (try parsley or dill) and a good glug of your best olive oil. Serve the marinated beans as part of a tapas selection, or portion them into individual spoons as more elegant canapés.

Should you find the beany flavour of mature soybeans too intense, you may wish to try green soybeans instead, which

have a sweeter, subtler flavour. Commonly referred to as sweet beans or edamame, these are harvested prematurely when the beans are still a vibrant green. Smooth, firm and larger than their mature counterparts, they are sold in their pods and can be found frozen in major supermarkets. Blanch green soybeans in salted boiling water for 2 to 3 minutes, then set aside to cool. You can shell and chill them for an easy snack, or pile them into a bowl and serve with the pods intact. Just press the pod between your thumb and forefinger to release the beans.

All soybeans can be added to soups and salads, or even blended to make dips. For a new spin on hummus, blitz a cup of cooked beans with three tablespoons each

of sesame oil and lemon juice in a food processor. Gradually add in some of the reserved cooking liquid until the mixture achieves a creamy consistency, then add salt and pepper to taste. Serve with plenty of crackers and toasted pita bread on the side for scooping.

### Keeping stock

Apart from being handy and healthy, an added bonus of soybeans is their long shelf life. Both canned and dried soybeans can be stored in a cool, dry place for up to a year – be sure to place the dried soybeans in an airtight container to keep out moisture and weevils. Canned and frozen soybeans should have their use-by date clearly listed on the packaging, but they generally keep well for at least a year.

### Cooking dried soybeans

- Rinse the soybeans under running water and pick out any darkened beans. These will not cook properly.
- Add enough water to cover and leave the beans to soak overnight.
- The next morning, place the beans in a pot of water and bring to a boil, skimming off any scum that rises to the surface. The water will bubble up quite enthusiastically, so make sure you use a large pot.
- Put the lid on and leave the beans to cook over a low flame for about 2-3 hours until they are soft. Keep an eye on the water level, too – add some water every 30 mins or so to ensure the beans remain completely submerged.
- Strain and save the cooking liquid for use as a base in soups and stews.

### SOY TRIVIA

Even though soybeans are native to Asia, the United States is the largest producer of soybeans today. According to the American Soybean Association, almost 3 million bushels of soybeans were produced in America last year. This is equivalent to 38% of the world's total soybean production.

### Tomato and soybean pasta

SERVES 2 ● PREP 5 MINS ● COOK 15 MINS

Easy **V**

This light, refreshing pasta can be enjoyed warm or chilled.

#### 150g dried farfelle pasta

#### 3 tbsp olive oil

#### 3 cloves garlic, finely chopped

#### 80g shelled green soybeans, cooked

#### 50g yellow soybeans, cooked

#### 8 cherry tomatoes, halved

#### zest and juice of ½ a lemon

#### salt and pepper, to taste

#### handful of fresh parsley,

#### roughly chopped

#### freshly grated cheddar, optional

**1** Bring a pot of salted water to boil and cook farfelle according to pack instructions. Drain and rinse under running water for 1 min. Set aside.

**2** Heat the olive oil in a pan. Add the garlic and sauté until golden, then add the soybeans and cook, stirring, for about 1 min until the beans are warmed through. Stir in the tomatoes, lemon zest and juice, and then add the farfelle. Give it a final stir and turn off the heat.

**3** Season with salt and pepper, and toss through with the parsley. Top with grated cheddar, if using.

PER SERVING 479 kcals, protein 11g, carbs 63g, fat 22g, sat fat 3g, fibre 4g, sugar 2g, salt 0.45g







Delicious, light lunch



# We love to cook

This month, collect three new recipes using tomatoes for your cookbook

● Each recipe was cooked by the children shown here and tested in the *Good Food* Test Kitchen, so we promise that they are fun and easy to make, and that they work

RECIPES  
TO CUT  
OUT AND  
KEEP

## How to make your

### *We love to cook* book

To make this month's chapter, cut out the page opposite along the dotted line and fold in half.

In the past few issues of *Good Food* our junior cooks have cooked with chocolate, carrots and apples.



Harry,  
11

Alisdair,  
4

Phoebe,  
9

PHOTOGRAPHS GARETH MORGANS





Serve with some salad

## Tomato tart

SERVES 4 • TAKES 1 HR

Age  
8-14

### INGREDIENTS

- 4 tbsp soft cheese
- 1 tsp Dijon mustard
- 8 ripe tomatoes
- 375g puff pastry

flour, for rolling out  
anchovies or olives to decorate, if you like  
chunk Parmesan

### EQUIPMENT

- Small serrated knife • Rolling pin
- Baking sheet • Grater

**1** Ask a grown-up helper to turn the oven on to 200C. Mix the soft cheese together with the mustard in a small bowl.



**4** Now trim off any really wiggly bits. Mark a border the thickness of two fingers around the edge.



**2** Cut the tomatoes into thick slices.



**5** Spread the soft cheese inside the border, then arrange the tomato slices on top. Decorate with anchovies or olives (if using).



**3** Roll the pastry into a rectangle on a floured surface – don't worry if the edges are uneven. Lift the pastry onto a baking sheet.



**6** Grate the Parmesan all over. **Ask a grown-up** to put the tart in the oven for 30 mins or until the pastry is golden and the tomatoes are cooked.



PER SERVING 508 kcals, protein 10g, carbs 34g, fat 38g, sat fat 19g, fibre 3g, sugar 7g, salt 1.37g

# We love to cook

THREE  
EASY  
TOMATO  
RECIPES

## Squished tomato pasta sauce



Age  
3-6

## Stuffed tomatoes



Age  
5-9

## Tomato tart



Age  
8-14

### Before you start

- Wash your hands and tie back long hair
- Put on an apron
- Weigh and measure out all your ingredients
- Find all the equipment you'll need and put it where you can easily reach it
- If you need the oven or grill, ask a grown-up to turn it on

### While you're cooking

- Wipe up any spills
- Use a spoon, and not your fingers, to taste food
- Save plastic, cartons and cans for recycling

### NOTES FOR PARENTS AND CARERS

All these recipes are adaptable for younger or older children, as we have given quite wide age ranges for each. For example, a three-year-old will be able to squish tomatoes and tear leaves, but may not be able to manage a pair of scissors yet. For young children, simply deciding what goes into their pasta sauce is fun. Finally, remember that younger children don't view washing-up as a chore! Instructions that need a grown-up's help are in bold so that you can see them easily.



Superhealthy fresh tomato sauce

## Squished tomato pasta sauce

SERVES 2 • TAKES 30 MINS

Age 3-6

### ■ INGREDIENTS

- 12 cherry tomatoes
- 2 ordinary tomatoes, halved
- 4 basil leaves
- small bunch chives
- 8 black or green olives, stoned (optional)
- olive oil, for drizzling
- 200g pasta, cooked and kept warm
- cheddar or Parmesan, grated

### ■ EQUIPMENT

- Large bowl • Lemon squeezer
- Children's scissors (optional) • Grater



**1** Put the cherry tomatoes into a large bowl, reach down into the bowl and squeeze each one hard until it bursts (rind out, they'll squirt!). Pull the tomatoes into pieces.



**2** Use a lemon squeezer to make as much juice as you can from the halved tomatoes. Pour into the bowl. (Grown-ups, the squeezed halves can be used up in a stew or soup.)



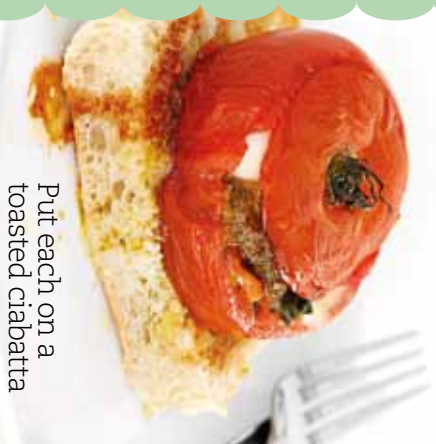
**3** Snip the basil and chives into the bowl using your scissors, or tear them into pieces. Then, if you are using them, snip or pull the olives in half and throw them in, too.



**4** Add a dribble of olive oil, then ask your grown-up helper to put the cooked pasta into two bowls, spoon your sauce on top and sprinkle with the cheese.

PER SERVING 472 kcal, protein 17g, carbs 80g, fat 12g, sat fat 4g, fibre 5g, sugar 7g, salt 0.34g

**TOP TIP FOR PARENTS** If your child is able, they can do all their own chopping and slicing, very little ones will enjoy the squishing. You can vary what goes into this pasta sauce. If herbs are a step too far, stick to the tomatoes and add vegetables your child enjoys, such as red pepper or cooked peas. Or if you'd like to add some more protein, try chopped cooked chicken or bacon.



Put each on a toasted ciabatta

## Stuffed tomatoes

SERVES 6 • TAKES 1 HR

Age 5-9

### ■ INGREDIENTS

- 6 really big tomatoes
- 2 balls of mozzarella
- 12 basil leaves
- 4 pieces cooked red pepper from a jar
- 2 tbsp pesto
- 6 slices ciabatta or crusty bread, toasted and brushed with olive oil

### ■ EQUIPMENT

- Small serrated knife • Sieve
- Children's scissors (optional)
- Baking dish



**1** Ask a grown-up to turn the oven to 200C. Cut the tops off tomatoes (keep tops) and scoop the insides into a sieve set over a bowl.



**2** Cut the mozzarella into chunks and snip or tear up the basil leaves.



**3** Sit the tomatoes in a baking dish. Add a few chunks of mozzarella into each tomato.



**4** Put a few tom basil leaves into each one.



**5** Tear the red pepper into pieces, then add a piece to each tomato. Add more mozzarella, basil and pepper in layers until each tomato is full.



**6** Add pesto to each tomato, then put the tops back on. Pour over juices from the tomato insides. Ask a grown-up to put them in the oven for 20 mins.

PER SERVING 331 kcal, protein 16g, carbs 33g, fat 16g, sat fat 7g, fibre 4g, sugar 8g, salt 1.44g





# Your Best Kitchen helper... Turbo Italia



Sporting stylish designs and special features, Turbo Italia range of cooker hoods, hobs and ovens are the best helpers for any modern day kitchen. Highly suitable for Asian cooking, the Turbo Incanto hobs are available in a wide variety of sizes to kit out your kitchen to perfection. Be spoilt by our wide range of conventional, canopy and chimney hoods for all your cooking needs. Complete your kitchen with a Turbo Italia oven, featuring a large 6l-litre capacity with electric grill, thermostat control and many more features. Stylish statements that are functional and exceptionally user-friendly for the modern day food lover!

*Turbo* 家宝  
ITALIA



SOLE AGENT: HAPPINESS PTE LTD 52 LOYANG WAY, S508745 T6542 2822 F6542 2922

SHOWROOM: 55 JALAN BESAR, S208808 T6294 3771 T6294 1938

AVAILABLE AT: COURTS, BEST DENKI, HARVEY NORMAN, AUDIO HOUSE, CITY GAS AND  
ALL GAS, ELECTRICAL & HARDWARE/SANITARY WARE DEALERS

[www.turbo-italia.com](http://www.turbo-italia.com)

# Foodie adventures around the globe



**JANUARY 2011**

**GOOD FOOD ● A MOVEABLE FEAST GIVEAWAY**

To win, simply mail your details to Good Food/A MOVEABLE FEAST Giveaway, Regent Media Pte Ltd, 3 Loyang Way, Singapore 508719. Alternatively, email your details to [marketing@regentmedia.sg](mailto:marketing@regentmedia.sg) with the subject "Good Food/A MOVEABLE FEAST Giveaway".

**Closing date: 29 JANUARY 2011**

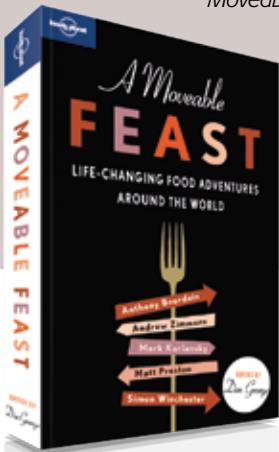
Title	Surname
Name	
NRIC	DOB
Tel Number	Mobile
Email	
Address	
Country	Postal Code

**TERMS & CONDITIONS:**  
• The promotion is open to residents of Singapore over the age of 18, except employees of Regent Media Pte Ltd, their families and sponsor. • Prizes must be taken as provided and are not transferable or exchangeable for cash. • Winners will be notified by post, email or phone, and prize is to be collected at address stated on notification letter. • The management reserves the right to replace items with products of similar value. • The management's decision is final and no further queries will be entertained. • Entry information may be used for future marketing and promotion purposes.

Food can be a gift that enables a traveller to survive, a doorway into the heart of a tribe, or a thread that weaves an indelible tie; it can be awful or ambrosial – and sometimes both at the same time.

From bat on the island of Fais to chicken on a Russian train and barbecue in the American heartlands; from mutton in Mongolia to couscous in Morocco and tacos in Tijuana – on the road, food nourishes us not just physically but intellectually, emotionally and spiritually, too.

Celebrate the riches and revelations of food with Lonely Planet's *A Moveable Feast*, a 38-course banquet of true foodie tales set around the world. Contributors include renowned gourmets Anthony Bourdain, Matt Preston and Andrew Zimmern.



Lonely Planet is offering 25 lucky readers the chance to win a copy of *A Moveable Feast*, worth S\$25 each.



This promotion is supported by Lonely Planet Publications.



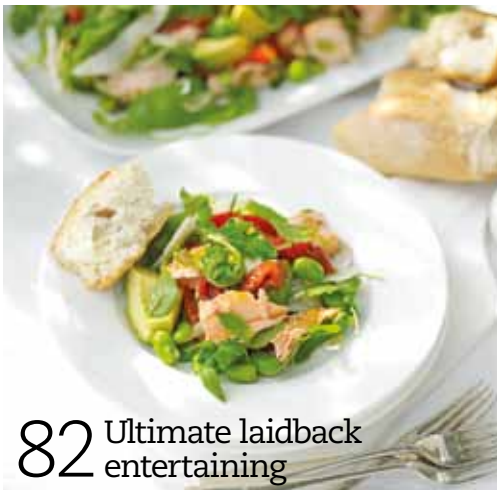
# Food for the weekend

Festive Asian dishes and delicious, foolproof bakes

Enjoy time in your kitchen



62 A Taiwanese Chinese New Year



82 Ultimate laidback entertaining



72 Cakes that work every time



68 Chef Eric Teo's sumptuous Chinese New Year menu

# Happy Chinese New Year

Make a date to celebrate on 3 February with delicious home-style cooking from Taiwanese television chef **Huang Ching-He**

PHOTOGRAPHS **LIS PARSONS**



## MENU FOR 8

### STARTERS

- Crispy prawns with wasabi mayo & sweet chilli pepper dip
- Open flower dumplings
- Roast plum duck puffs

### MAIN COURSE

- Festive golden five-spice chicken
- Gingery shiitake noodles
- Stir-fried garlic pak choi

### DESSERT

- Toffee & sesame bananas

## GETTING AHEAD

### A DAY AHEAD

Bake the duck puffs and dumpling cases, then whip up the dipping sauces and batter for the prawns.

You can also get the chicken in the marinade, prep the ingredients for the noodles, dumplings and pak choi, and make the toffee sauce.

### ON THE NIGHT

While the chicken roasts, you can fry the prawns, finish the dumplings and warm the duck puffs.

Cook the noodles and veg while your starters go down, then make the dessert at your leisure.

Chinese families go all out to impress on Chinese New Year. However, I know not everyone has the luxury of loads of time, so my special menu is really flexible. Make some or all of the dishes – it's up to you.

Food is so central to Chinese family life – my mum and grandmother were a huge influence on my cooking, teaching me recipes so that I could learn to cook for the family. Nowadays, if my mum gets her way, she elbows me right out of the kitchen!

Each of these dishes has a special meaning for Chinese New Year, an important date in the Chinese calendar for families to celebrate together and wish each other good fortune. We choose food that reflects the sentiment of the festival, so each ingredient or cooking method has a symbolic meaning that alludes to health or prosperity. All of the dishes in this menu are golden, which in itself represents wealth and good fortune.

### Crispy prawns with wasabi mayo & sweet chilli pepper dip

MAKES 24 ● PREP 25 MINS

● COOK 5 MINS **Moderately easy** **Low fat**

If you can't get potato flour, use half plain flour and half cornflour. I like potato flour because it has a high starch content, making the batter extra crunchy. It won't stay crisp for long though – so get ahead with everything else and fry these at the last minute.

**1 egg**  
**100g potato flour**  
**24 raw tiger prawns, de-veined and tail removed**  
**700ml groundnut oil, for frying**

### For the wasabi mayo

**2 tsp wasabi powder**  
**6 tbsp mayonnaise**  
**2 pinches caster sugar**

### For the sweet chilli pepper dip

**1 roasted red pepper from a jar, sliced**  
**5 tbsp sweet chilli sauce**  
**1 tsp lime juice**

**1** To make the mayo, mix the wasabi powder with 1 tbsp water to form a paste. Stir in the mayonnaise and sugar, then cover and chill. For the chilli dip, whizz the pepper, sweet chilli sauce and lime juice together in a food processor or blender until smooth. Set aside.

**2** In a bowl, whisk the egg and potato flour together with 4 tbsp very cold water to make a batter. Stir in the prawns.

**3** Heat the oil in a deep saucepan until a piece of bread browns in it after about 15 secs. Line a tray with kitchen paper. Lift the prawns out of the batter and fry, a few at a time, until the batter is golden and prawns pink. Lift onto the kitchen paper to drain, then sprinkle with salt. Serve hot, ready to dunk into the dips.

PER SERVING 91 kcal, protein 3g, carbs 5g, fat 6g, sat fat 1g, fibre none, sugar 2g, salt 0.31g



Festive golden  
five-spice chicken  
**See recipe on p64 ►**





Roast plum duck puffs

Crispy prawns

Open flower dumplings

## Open flower dumplings

MAKES 24 ● PREP 30 MINS

● COOK 25 MINS **Easy** **Low fat**

Mushrooms symbolise health and longevity.

**6 large or 9 small filo pastry sheets**

**4 tbsp melted butter**

### For the filling

**1 tbsp groundnut oil**

**3 garlic cloves, finely chopped**

**1 carrot, peeled and finely shredded**

**½ spring or other green**

**cabbage, shredded**

**220g bamboo shoots, drained and finely chopped**

**100g small chestnut mushrooms, sliced**

**3 tbsp oyster sauce**

**2 tbsp light soy sauce**

**1 bunch chives, snipped**

**1** Heat oven to 180C. Sandwich 3 sheets of filo together, brushing with melted butter between each layer, then repeat with the rest of the filo. Using a 7cm round cutter, cut out 24 circles. Brush the holes of a non-stick mini muffin tin with melted butter, then press the circles into the holes (you may need to make these in batches – just keep the rest of the filo circles covered with a damp tea towel until ready to cook). Bake for 15 mins until golden brown. Can be stored in an airtight container for up to a day.

**2** To serve, return the filo cases to a warm oven to heat through. Heat the oil in a wok or frying pan over medium heat. Fry the

garlic for a few secs, add the carrot, cabbage and bamboo shoots, then stir-fry for 2 mins. Stir in the mushrooms, oyster and soy sauce for 1 min more, remove from the heat, then add the chives. Season with pepper, then spoon into the cases and serve the dumplings immediately.

PER DUMPLING 47 kcals, protein 1g, carbs 5g, fat 3g, sat fat 1g, fibre none, sugar 1g, salt 0.61g

## Roast plum duck puffs

MAKES 10 ● PREP 30 MINS PLUS

MARINATING ● COOK 1 HR 50 MINS

**Moderately Easy** **before baking**

Dumplings and puffs like these represent nuggets of gold. In China, the cook will put a gold coin into one of the dumplings, for some lucky person to find.

**½ finger-length piece fresh**

**root ginger, grated**

**3 tbsp light soy sauce**

**3 tbsp plum sauce**

**1 tbsp groundnut oil**

**3 tbsp clear honey**

**2 duck legs, skin on**

**3 spring onions, finely sliced**

**375g ready-rolled puff pastry**

**a little flour, for dusting**

**1 egg, beaten**

**1** Mix the ginger with the soy and plum sauces, oil and honey in a deep dish, then add the duck legs, turning to coat. Cover and chill for at least 20 mins.

**2** Heat oven to 160C. Lift the duck legs onto a non-stick baking tray, then roast for 1½ hrs until crisp and golden. Meanwhile,

tip the remaining marinade into a small saucepan and simmer for 2 mins, then cool. When the duck is cool enough to handle, remove the skin and shred the meat. Mix with the cooled marinade and spring onions.

**3** Unroll the pastry onto a floured surface and roll it out even thinner until you have a sheet large enough to stamp out 10 circles using a 9-10cm round cutter. Put 2 tsp of the duck filling in the middle of each circle, brush the edges of pastry with a little egg, then fold the pastry circles in half, pressing to seal so you have a half-moon shape (any remaining duck makes a great filling for wraps). Transfer the puffs to a baking sheet and brush with more egg. Can be frozen for up to 1 month. Bake for 15-20 mins until golden, or 5 mins longer from frozen.

PER PUFF 236 kcals, protein 10g, carbs 21g,

fat 13g, sat fat 5g, fibre none, sugar 7g, salt 1.34g

## Festive golden five-spice chicken

SERVES 8 ● PREP 15 MINS PLUS

MARINATING ● COOK 1 HR 10 MINS **Easy**

Five-spice gives this chicken a wonderfully warm, aromatic flavour that adults and children will love.

**8 chicken thighs and 8 drumsticks, skin on**

**3 spring onions, shredded, to finish**

### For the marinade

**4 tbsp groundnut oil**

**6 garlic cloves, finely chopped**

**finger-length piece fresh root ginger, grated**

**4 tbsp Shaoxing rice wine or dry sherry**

**4 tbsp light soy sauce**

**4 tbsp clear honey**

**4 tsp five-spice powder**

**1** Whisk together the marinade ingredients, put the chicken into a dish, then pour over the marinade, mixing to coat. Cover, then chill for at least 20 mins, or up to a day if you have time.

**2** Heat oven to 180C, and lift the chicken out of the marinade into a roasting tin. Roast for 40 mins, pour over the remaining marinade, then cook for a further 30 mins until golden and sticky. Sprinkle with spring onions, then serve.

PER SERVING 394 kcals, protein 29g, carbs 9g,

fat 26g, sat fat 7g, fibre 1g, sugar 7g, salt 2.22g



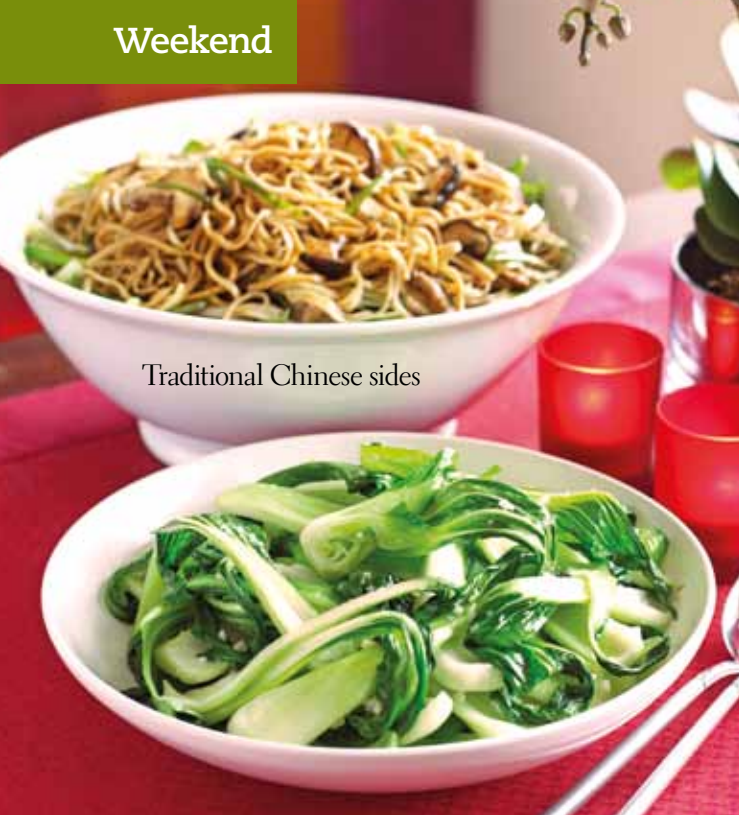
Gingery shiitake noodles  
See recipe on p66 ►



Stir-fried garlic  
pak choi  
See recipe on p66 ►







Traditional Chinese sides

### Gingery shiitake noodles

SERVES 8 ● PREP 15 MINS

● COOK 10 MINS

**Easy** **Good for you, low fat**

You can cook this in two batches – keep the first batch warm in a foil-covered dish in the oven. Whatever you do, don't cut your noodles – they represent long life!

**375g medium dried egg noodles**  
**couple dashes of toasted sesame oil**  
**2 tbsp groundnut oil**  
**finger-length piece fresh root ginger, grated**  
**300g fresh shiitake mushrooms, sliced**  
**8 spring onions, cut into thirds, then thinly sliced into lengthways strips**  
**2 tbsp good-quality oyster sauce**  
**2 tbsp light soy sauce**

**1** Cook the noodles according to pack instructions, then toss with a little sesame oil to stop them from sticking.

**2** Heat a wok over a high heat, then add the groundnut oil. Once it's smoking, add the ginger, stir-fry for a couple of secs, then add the mushrooms with a splash of water to create steam, and cook for 1 min. Toss through the cooked noodles for 2 mins until hot, then add the spring onions, oyster and soy sauces, and a dash more sesame oil.

PER SERVING 225 kcals, protein 7g, carbs 35g, fat 8g, sat fat 1g, fibre 2g, sugar 2g, salt 1.36g

### Stir-fried garlic pak choi

SERVES 8 ● PREP 10 MINS

● COOK 5-10 MINS **Easy**

**Good source of folic acid, counts as 1 of 5-a-day**

**2 tbsp groundnut oil**  
**8 garlic cloves, finely chopped**  
**600g pak choi, leaves separated and halved lengthways**

Heat the oil in a wok over a high heat. When it starts to smoke, add the garlic, stir-fry for a couple of secs, then throw in the pak choi and a splash of water. Stir for 2-3 mins until the leaves have wilted but the stem still has bite, then season and serve straight away.

PER SERVING 42 kcals, protein 2g, carbs 3g, fat 3g, sat fat 1g, fibre 1g, sugar 1g, salt 0.13g

### Toffee & sesame bananas

SERVES 8 ● PREP 10 MINS

● COOK 10 MINS **Easy**

Traditional toffee bananas are deep-fried, but I like this lighter version – bananas

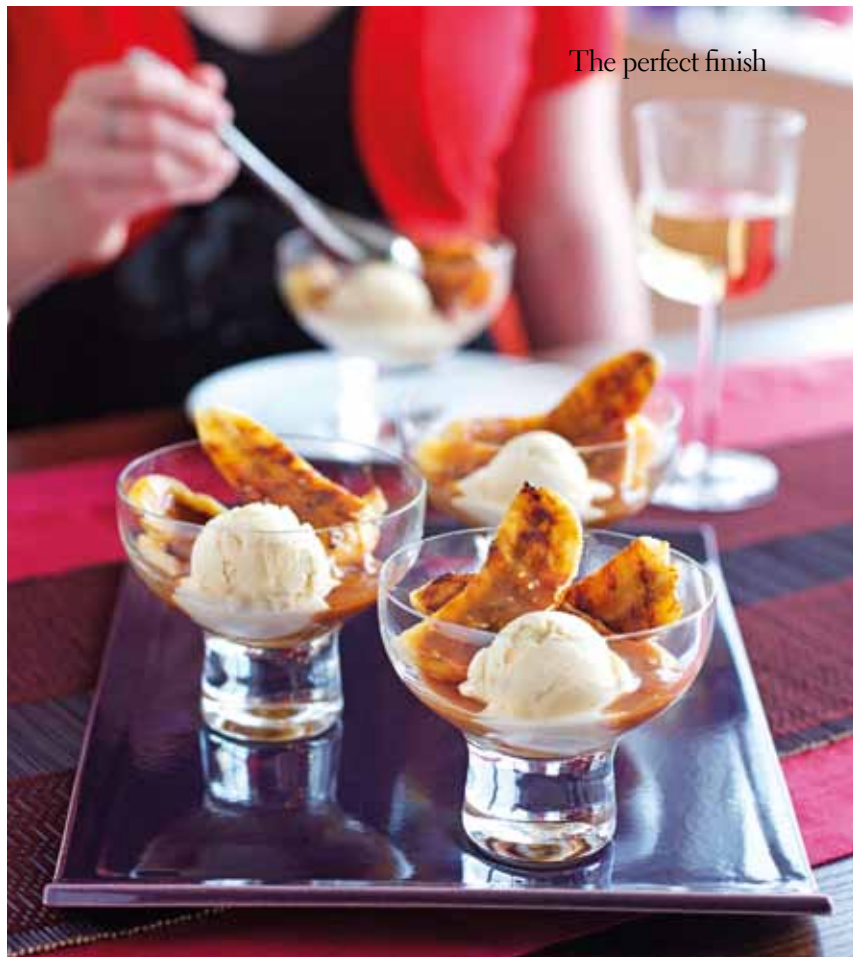
griddled with a little sugar, then served with naughty caramel sauce and a scoop of ice cream.

**6 large bananas, peeled and quartered**  
**8 tbsp light muscovado sugar**  
**2 tbsp butter**  
**200ml double cream**  
**2 tbsp sesame seeds, toasted**  
**good-quality vanilla ice cream, to serve**

**1** Toss the bananas in 2 tbsp of the sugar. Heat a griddle to medium, then cook the bananas, a few pieces at a time, until sticky and showing griddle marks. Keep warm in a low oven.

**2** For the sauce, put the remaining sugar, the butter and cream into a saucepan and stir over a gentle heat until the sugar has melted. Stir in the sesame seeds. Can be made up to a day ahead. To serve, put a few pieces of banana into 8 serving dishes, spoon over some of the caramel, then top with a scoop of ice cream.

PER SERVING 312 kcals, protein 2g, carbs 37g, fat 19g, sat fat 10g, fibre 1g, sugar 35g, salt 0.09g



The perfect finish



First & Exclusive



## Heston's Feasts Series 2

Mondays at 8.25pm. Premieres 10th January.

In this new series, Heston draws inspiration from fairy tales and iconic works of horror to create spectacular banquets for celebrity diners. Among the lavish delights is a Willie Wonka feast based on Roald Dahl's famous Charlie and the Chocolate Factory; a fairytale feast based on his favourite stories Snow White, Cinderella and Hansel & Gretel and an eye-popping Gothic feast modeled on Frankenstein, Dracula and Dr Jekyll and Mr Hyde.

**BBC**  
lifestyle

BBC Lifestyle is available in Singapore on Starhub Ch 432 and in Malaysia on HyppTV Ch 140

[www.bbclifestyle.com](http://www.bbclifestyle.com)

# Gong xi fa cai!

Gather round the table for Chef **Eric Teo**'s delicious Chinese New Year feast

WORDS **ANGELEIGH KHOO** PHOTOGRAPHS **CALVIN TAN** STYLING **DENISE R. LOWEM**

**T**he Lunar New Year is traditionally a time to get together with friends and family for Chinese communities around the world, but the days leading up to it often fly by in a heady blur of spring-cleaning, baking and last minute market runs.

Instead of cooking yourself into a tizzy, why not whip up this delicious three-course menu designed by Eric Teo, executive chef at the Mandarin Oriental, Singapore? The dishes are largely make ahead, so you will be set to entertain

when friends and family come around.

Preparation is key when it comes to tackling the festive flurry. 'Shop two days in advance as ingredients tend to run out quickly during this time,' Chef Teo advises. He also suggests buying frozen seafood from Jurong Fishery Port, as the individually quick frozen (IQF) seafood is actually fresher than fresh. 'Items such as chicken and veggies should be bought as fresh as possible, but for your own convenience, buy the frozen seafood in advance and store it in the fridge,' he says.

**Chef Eric Teo is also the president of the Singapore Chefs' Association and a regular face on local food programmes. His busy schedule means that he is often hard at work while most families are enjoying their reunion dinners, but every year, his clan of 20 loved ones patiently waits for him to return home before they begin their feast.**

## Yu sheng rolls

SERVES 6 AS A STARTER ● PREP 30 MINS

● NO COOK **Easy**

Avoid the messy aftermath while still enjoying the harmony of flavours in this modern spin on yu sheng.

170ml plum sauce  
zest and juice of ½ a lemon  
1 tbsp soy sauce  
1 tsp sesame oil  
1 tbsp rice vinegar  
1 packet Vietnamese rice paper  
200g raw Norwegian salmon  
50g shredded radish  
50g shredded carrots  
25g shredded beetroot  
50g shredded cucumber  
10g Japanese pickled ginger, shredded  
25g shredded radicchio  
30g enoki mushrooms  
50g pomelo  
1 tbsp toasted sesame seeds  
2 tbsp crushed peanuts  
4 kaffir lime leaves, shredded

**1** First make the dipping sauce. Combine plum sauce, lemon zest and juice, soy sauce, sesame oil and rice vinegar in a bowl. Set aside.

**2** Dip the rice paper into a shallow bowl of water and then pat dry. Place suitable portions of the remaining ingredients in the centre of the rice paper, then fold and roll to secure. Repeat until all the ingredients are used up, or have your guests make their own rolls. Serve with the dipping sauce.

PER SERVING 85 kcs, protein 7g, carbs 22g, fat 2g, sat fat 1g, fibre 3g, sugar 17g, salt 0.04g



## MENU FOR 6

- Yu sheng rolls
- Honey glazed spare ribs with red dates
- Mini treasure pot with scallop, lobster and abalone



Yu sheng was created in Singapore about 40 years ago by four chefs at the popular Cathay Restaurant. The raw fish salad featured thinly sliced ikan parang, which was served alongside other ingredients that symbolised prosperity in Chinese culture, including carrots and dried oranges. While there are many variations of yu sheng available today, diners generally still observe the tradition of stirring and tossing the salad with their chopsticks while shouting out blessings.



## Honey glazed spare ribs with red dates

SERVES 6 AS PART OF A MEAL

● PREP 30 MINS ● COOK 3½ HRS **Easy** ❄️

The appetising sweet-savoury flavours make this meaty dish a year-round favourite at the dinner table.

**900g pork ribs**  
**corn flour, for dusting**  
**oil, for deep-frying**  
**1.8 litres water**  
**½ tsp chicken powder**  
**20 red dates**  
**4 tbsp tomato ketchup**  
**1 tbsp HP sauce**  
**80g rock sugar**  
**3 tbsp honey**  
**3 tbsp rose dew wine (mei gui lu jiu)**  
**1 head local lettuce, washed and trimmed, to serve**

- 1** Cut the pork ribs into 10cm pieces lengthwise. Dust with corn flour.
- 2** Heat enough oil in a wok and deep-fry the pork ribs until golden brown. Remove and drain excess oil on kitchen paper.
- 3** Place the pork ribs in a slow cooker with the remaining ingredients except lettuce. Cook for 3½ hours on medium setting until the stock thickens and the ribs are nicely glazed. Add a tsp of corn flour to thicken the sauce if necessary.
- 4** Serve immediately on a bed of local lettuce, or pack the ribs in a ziplock bag and freeze for up to a week. If cooking from frozen, add some chicken stock and reheat until the meat is warmed through.

PER SERVING 344 kcals, protein 26g, carbs 7g, fat 24g, sat fat 7g, fibre 1g, sugar 3g, salt 0.34g

## Mini treasure pot with scallop, lobster and abalone

SERVES 6 AS PART OF A MEAL

● PREP 30 MINS ● COOK 3½ HRS

**Moderately Easy**

Lobsters, scallops and abalone are used in this glammed-up version of pen cai, otherwise known as 'big bowl feast'. Pen cai gets tastier with every simmer, so prepare the dish a day or two before.

**1 chicken (about 1.8kg), chopped into about 14 pieces**  
**500g chicken feet**  
**¼ duck (about 500g), chopped into 5cm pieces**  
**400g carrots**  
**2 thin slices of ginger**  
**2 stalks spring onion, thinly sliced**  
**5 litres water**  
**5 dried scallops**  
**1 tin baby abalone (with 12 inside) oil, for deep-frying**  
**1 block tofu, cut into 6 pieces**  
**6 fresh scallops**  
**1 lobster (about 400g), shelled and cut into 1cm thick cubes**  
**4 Chinese black mushrooms, sliced**  
**100g broccoli**  
**1-2 tbsp cornstarch, dissolved in a little water**

- 1** Wash the chicken, chicken feet and duck. Blanch in boiling water for about 2 mins, and then remove and set aside.
- 2** Puree carrots in a blender. If needed, add a little water to keep the blades running.
- 3** Heat some oil in a wok over a medium-high flame. Add ginger and spring onions, fry for 1 min, then add in chicken, chicken feet and duck. Fry until fragrant, about 5-8 mins. Add water, bring to a boil, then add dried scallops and abalone. Lower heat and simmer over a medium flame for 3 hrs.
- 4** Add in carrot puree and simmer for another 20 mins, until the abalone is tender. The liquid should have reduced to about 2 litres. Turn off the heat and remove the abalone. Strain the broth.
- 5** Fill a wok with oil (about 3cm deep) and deep-fry the tofu. Drain excess oil on a kitchen towel. Blanch fresh scallops, lobster, mushrooms and broccoli in boiling water, then remove and let drain.
- 7** Reheat the broth (use just enough to cover the ingredients) with the abalone, fresh scallops, lobster, mushrooms and fried tofu. Season to taste and thicken with cornstarch solution. Layer ingredients in a large communal dish to serve.

PER SERVING 273 kcals, protein 17g, carbs 19g, fat 16g, sat fat 6g, fibre 1g, sugar 4g, salt 0.93g

In the past, it was common for frugal Chinese families to enjoy meat and seafood only during the Lunar New Year. While those ingredients are no longer luxuries reserved for special occasions, modern families still make it a point to include both fish and meat at the reunion dinner table to symbolise wealth.



Pen cai (known as 'poon choi' in Cantonese) is believed to have been invented during China's Song Dynasty, when the Mongol troops invaded China. To feed the fleeing emperor and his army, the villagers gathered all their best produce to prepare a hearty stew. This was then served in a wooden washbasin, as there wasn't a dish or container large enough to contain it. Almost anything can be used to cook pen cai, so feel free to substitute with your favourite meat, seafood or veggies.





Good Bakes:

# Cakes that work every time

If you've never baked a cake, or had more sinkers than successes, have no fear. **Jane Hornby**'s recipes have been developed with beginners in mind – no fancy techniques, easy all-in-one mixes and, best of all, stunning results!

PHOTOGRAPHS **JEAN CAZALS**



Dense & dark chocolate loaf





For coffee cake purists

## BEFORE YOU START...

There's no mystery to making a cake – just follow the recipe to the letter and remember these top tips:

### YOUR INGREDIENTS

- Make sure these are at room temperature, including the eggs. Most cakes are better made with butter that's soft. If you soften the butter in a microwave, set to defrost and check every few secs.

- Use large eggs and unrefined sugar, unless stated.

### GET YOUR TIN READY FIRST

- Rub a little butter around the inside of the tin, then line it, even if your tin is non-stick. To line the base, draw an outline around the outside of the tin, then cut just within the line – that way it will always fit. To watch a video of how to line a cake tin, visit our website, [bbcgoodfood.com](http://bbcgoodfood.com)

### KEEP YOUR OVEN HOT

- Set your oven shelves in the middle of the oven (unless the recipe states otherwise) before you turn it on. That'll prevent you fiddling with a hot shelf while the heat in the oven escapes. Once the oven is at the required temperature, get the cake in quick and don't slam the door.

### THE RIGHT KIT

- Use electric beaters to beat ingredients for best results.

- Fold ingredients using a large metal spoon. This has sharper, thinner edges than a wooden one, so will cut through the mixture without knocking out too much air – more air means lighter cakes.

- Measure everything, and never combine metric with imperial. All of our measures are level, unless stated.

### DON'T HANG ABOUT

- If your cake mix contains self-raising flour, baking powder or bicarbonate of soda, quickly get it in the oven after you've mixed the dry and wet ingredients. You have a few minutes, but the longer you leave the cake, the flatter the batter.

## IS IT DONE?

- Don't open the oven door until your cake has had at least three-quarters of its cooking time.

- When you think it's ready, gently pull the cake towards you. If you see the batter wobbling, stop. Put it back quickly and shut the door (but don't slam it or your cake may collapse). If it has turned golden all over, shrunk away from the sides a bit, and feels firm but springy in the middle, then take it out and test it with a skewer. Poke the skewer right into the middle, then pull it out. If there's wet cake mix on it, put the cake back for 5 minutes. If there are a few damp crumbs or if it comes out clean, then it's done.

### WHEN IT'S READY

- Once your cake is baked, allow it to settle in the tin for a few mins. Let it cool completely if you're decorating it with icing that's made with butter, cream or anything that could melt.

## Dense & dark chocolate loaf

SERVES 8 ● PREP 20 MINS

● COOK 45-50 MINS **Easy**  **united**

(but best fresh)

This cake is mixed and made in a saucepan – how easy is that! It's best eaten on the same day, or within two.

200g butter, plus extra for greasing

100g dark chocolate (use one that's

70% cocoa solids), broken into chunks

150g natural yogurt

1 tsp vanilla extract

3 large eggs

250g self-raising flour

175g dark muscovado sugar

½ tsp bicarbonate of soda

### For the topping

100ml double cream

1 tbsp butter

100g dark chocolate, chopped

**1** Heat oven to 190C and make sure there's a shelf ready in the middle of the oven. Butter a large loaf tin (about 20cm long, measured from the top edge), then cut a strip of baking paper a few inches longer than the total length of the base and the two shortest sides. Press it into the tin. (When your cake's ready, you can use the paper 'wings' at either end to help lift it out.)

**2** Put the butter and chocolate in a large saucepan and heat very gently until melted, stirring now and again. Cool for 5 mins, then use a whisk to mix in the yogurt and vanilla, then the eggs and a pinch of salt.

**3** Mix the flour, sugar and bicarbonate of soda in a large bowl, squishing any big lumps of sugar with your fingers, then stir into the chocolate mix in the saucepan until even. Pour or spoon into the tin, then bake for 45 mins until risen and shiny (and probably with a nice crack along the length). Test if it's ready by poking a skewer into the middle of the cake (see tips, left). Cool in the tin for 15 mins, then turn out and cool completely on a wire rack.

**4** Put the cream into a small saucepan, bring to the boil, then add the butter and half the chopped chocolate. Take off the heat and leave to melt. Stir until smooth and shiny, then spoon over the cake. Scatter with the rest of the chopped chocolate and serve.

PER SERVING 645 kcs, protein 9g, carbs 60g,

fat 43g, sat fat 24g, fibre 2g, sugar 32g, salt 1.05g

## Cherry Bakewell cake

SERVES 8 ● PREP 15 MINS PLUS COOLING

● COOK 30 MINS **Easy**  **sponges only**

If you know someone who likes Bakewell tart or Bakewell slices, then they will just love this cake – it's full of almond flavour and sandwiched with cherry jam.

### For the cake

200g butter, well softened, plus extra for greasing

200g golden caster sugar

100g ground almonds

100g self-raising flour

1 tsp baking powder

½ tsp almond extract or essence

4 large eggs

### For the filling and top

170g cherry conserve

175g icing sugar

5-6 tsp water or lemon juice

1 tbsp ready-toasted, flaked almonds

**1** Heat oven to 180C and make sure there's a shelf ready in the middle. Butter and line the bases of 2 x 20cm round sandwich tins with baking paper (see tips). **2** Using electric beaters, beat together all the cake ingredients with a pinch of salt until smooth, then spoon into the tins and level the tops. Bake for 30 mins or until golden and springy. Don't open the oven before 25 mins cooking time has passed.

**3** When they're ready, cool the sponges for a few mins, then tip out of the tins and cool completely on a wire rack. Make sure the top of one of the cakes is facing up as you'll want a smooth surface for the icing later on.

**4** When cool, put one sponge on a serving plate, then spread with cherry jam. Sandwich the second sponge on top. Sieve the icing sugar into a large bowl. Add the water or lemon juice, then stir until smooth and thick. Spread evenly over the top and let it dribble over the sides. Scatter with the nuts and leave to set for a few mins before cutting.

PER SERVING 600 kcs, protein 8g, carbs 75g,

fat 32g, sat fat 15g, fibre 1g, sugar 65g, salt 0.83g





Perfect for birthdays



## Coffee cream & walnut cupcakes

MAKES 12 CAKES ● PREP 10 MINS  
● COOK 18-20 MINS **Easy** **un-iced**

This one's for my man, and all the other coffee cake-lovers out there. I've learned these people are very particular and don't like their coffee cake to deviate from the classic, with coffee buttercream and retro walnut edging. Here's my scaled-down cupcake version. If you love buttercream, there's a quick recipe below, but I think my mascarpone topping, being creamy and less sweet, beats traditional buttercream and makes the whole thing a bit more luxurious.

**100g butter, well softened**  
**100g light muscovado sugar**  
**100g self-raising flour**  
**2 large eggs**  
**2 tsp instant coffee, mixed with 100ml boiling water, then cooled**  
**25g walnut halves, chopped, plus 12 more for the tops**

### For the topping

**200ml mascarpone**  
**2 tbsp light muscovado sugar**

**1** Heat oven to 180C and make sure there's a shelf ready in the middle. Line a 12-hole

cupcake tin with fairy cake cases. Beat the butter, sugar, flour and eggs with 4 tsp of the coffee and a pinch of salt until creamy. Stir in the chopped walnuts.

**2** Spoon the mix into the cases (start by adding 1 heaped tsp to each, then go back and top them up – that way they should all be of equal size), then bake for 18-20 mins until light golden and springy. Cool for a few mins in the tin, then lift the cakes out and cool completely on a rack.

**3** Put the mascarpone, 3 tsp more of the coffee and the sugar into a large bowl, then beat together. Spread a dollop of the coffee cream onto the top of each cake, then finish with a walnut half. The cakes are best if they're iced fairly near the time of eating, so if you're making ahead, whip up the mascarpone mix, keep in the fridge, beat it again, then spoon onto the cakes just before serving. Un-iced cakes will keep up to 2 days in an airtight container.

PER CAKE 247 kcals, protein 3g, carbs 18g, fat 18g, sat fat 10g, fibre none, sugar 12g, salt 0.29g

### Quick buttercream

Sift **175g icing sugar** onto **100g very soft butter** in a large bowl. Add **3 tsp coffee**, as made above. Slowly stir together, then once most of the sugar has been worked in, start to beat. Keep going until creamy and smooth.

## Swirly lemon drizzle fingers

MAKES 18 FINGERS ● PREP 15 MINS

● COOK 40 MINS **Easy**

Polenta (sometimes called fine cornmeal) gives this cake its yellow colour and soft texture. If you can't find polenta, use a total of 200g self-raising flour instead.

**200g butter, well softened, plus extra**  
**200g golden caster sugar**  
**4 large eggs**  
**100g fine polenta or fine cornmeal**  
**140g self-raising flour**  
**zest 3 lemons**

### For the swirl and drizzle

**4 tbsp lemon curd**  
**5 tbsp golden or white caster sugar**  
**zest and juice 1 lemon**

**1** Heat oven to 180C and make sure there's a shelf ready in the middle of the oven.

Butter a rectangular baking tray or small roasting tin, about 20cm x 30cm. Cut out a sheet of baking paper a bit larger than the tin, then push it in and smooth it out with your hands so it sticks to the butter. Snip into the corners with a pair of scissors to get the paper to lie neatly.

**2** Put all the cake ingredients and a pinch of salt into a large bowl, then use electric beaters to beat until creamy and smooth. Scoop into the tin, then level the top. Spoon the lemon curd over the batter in thick stripes. Use the handle of the spoon to swirl the curd into the cake – not too much or you won't see the swirls once it's cooked. Bake for about 35 mins or until golden and risen. It should have shrunk away from the sides of the tin ever so slightly and feel springy. Don't open the oven before 30 mins cooking is up.

**3** Leave the cake in the tin for 10 mins or until just cool enough to handle. Carefully lift out of the tin and put it onto a cooling rack, sat over a tray or something similar to catch drips of drizzle. To make the drizzle, mix 4 tbsp sugar and the lemon juice together and spoon over the cake. Toss the lemon zest with the final 1 tbsp sugar and scatter over the top. Let the cake cool completely, then lift onto a board, peel away the sides of the baking paper and cut the cake into fingers. Will keep in an airtight tin for 3 days.

PER SERVING 214 kcals, protein 3g, carbs 27g, fat 11g, sat fat 6g, fibre none, sugar 17g, salt 0.3g



Morning coffee favourite



# Indulgent Italian for two

Treat someone special to food writer **Jane Hornby's** flavour-packed menu, inspired by a trip to Emilia Romagna, home of some of Italy's finest ingredients PHOTOGRAPHS **DAVID MUNNS**



## YOUR TIMEPLAN TO EAT AROUND 8PM

### UP TO 2 WEEKS BEFORE

- Make the iced zabagliones and freeze

### DAY BEFORE OR ON THE DAY

- Marinate the beef
- Make the mash, blanch the spinach

### ON THE DAY

- 7pm Sear the beef, let it rest. Sauté the mushrooms, make the sauce. Fry the shallots for the spinach
- 8pm Serve the antipasti. Slice the beef and heat the potatoes through again, adding the herbs. Quickly sauté the spinach in the pan with the shallots

If I'm cooking for two I'll often turn to something Italian-style, spending a little money and me-time in my local deli before cooking up a simple but stylish meal, like this melt-in-the-mouth beef and luxurious dessert.



## GET STARTED WITH A SIMPLE ANTIPASTI BOARD

Italians often start a meal with cold meats, bread and other tasty morsels. For a classic Emilia Romagnan selection, break (never cut, it's bad luck!) Parmigiano Reggiano into chunks and drizzle over balsamic vinegar. Serve with a selection of olives, your favourite salamis and of course, cured ham. I like coppa, a cut from the pig's shoulder or neck that looks a little like pork fillet. Serve breadsticks or ciabatta with your antipasti, and linger over it with a good glass of wine.

## TAKE TIME TO SHOP FOR THE BEST

● **Beef fillet** Fillet is the most expensive beef cut but it has the most delicate texture. It's low in fat, but a good-quality piece should still be very flavourful, especially when it has been marinated with garlic, oil and herbs.

● **Good stock** If possible, use liquid stock for your sauce. If you have fresh stock on hand, then all the better. As it reduces, the gelatine from the meat bones will give the sauce a silky richness.

● **Parmigiano Reggiano** is bound to its place of origin – only cheese that has been made in Parma, Reggio Emilia, Modena, Bologna and Mantua can be called Parmigiano Reggiano. Although it can be eaten at 12 months, most of the cheese is aged for 24 months or even longer.

● **Wild mushrooms** If you're lucky enough to see porcini, then grab them – their meaty texture and taste are unparalleled. A mix of wild mushroom on a plate looks wonderful, but make sure they are evenly sized before cooking. Clean them with a dry brush before cooking, as they can harbour a fair bit of dust and grit in their gills.

● **Balsamic vinegar**, produced in Modena, is used very differently in Italy. Rather than dressing salads with it, Italians treat it like a condiment, to season and add richness at the end of cooking, to serve drizzled on chunks of Parmesan, or even, if the quality is very high, to sip from a spoon as a digestif to end a meal.



● You can't go wrong with seared beef fillet and a delicious sauce that's rich in flavour yet still light enough to leave you with room for my glamorous dessert ●

Seared beef with wild mushrooms & balsamic





## Seared beef with wild mushrooms & balsamic

SERVES 2 ● PREP 15 MINS PLUS MARINATING ● COOK 20 MINS

**Moderately easy** 🍴

Use the balsamic sparingly; you want it to enrich and season the beef, not make it taste vinegary.

**400g piece beef fillet**  
**2 tbsp olive oil**  
**leaves from 1 rosemary sprig, bruised**  
**1 garlic clove, crushed**  
**2 tbsp butter**  
**1 tbsp olive oil**  
**200g mixed wild mushrooms**  
**200ml good beef stock**  
**1 tsp balsamic vinegar, to serve**

**1** Rub the beef with 1 tbsp oil, rosemary and garlic, then leave in the fridge for at least 1 hr, or up to 24 hrs. Let the beef return to room temperature before cooking.  
**2** Heat oven to 200C. Heat a non-stick, ovenproof frying pan or roasting tin until very hot. Rub most of the garlic and rosemary from the beef, season with black pepper and flaky salt, then sear on all sides until dark brown – about 5 mins in total. Place the pan in the oven and roast the beef for 10 mins for medium-rare. Let it rest for 15 mins and keep any juices.  
**3** Meanwhile, heat 1 tbsp butter and the remaining oil in a large frying pan, then tip in the mushrooms with seasoning. Fry until golden and softened, then tip into a bowl.  
**4** Add the stock to the mushroom pan, then reduce by two-thirds. Tip in balsamic and mushrooms, then add the remaining butter and let it melt. Tip in meat juices, season to taste and keep warm. Thickly slice the beef and spoon over the sauce. Serve with mash and spinach.

PER SERVING 526 kcals, protein 46g, carbs 3g, fat 37g, sat fat 15g, fibre 1g, sugar 1g, salt 1.04g

## Garlic & shallot spinach

SERVES 2 ● PREP 10 MINS  
 ● COOK 10 MINS **Easy** 🍴 **Good source of folic acid, counts as 1 of 5-a-day**

Sautéing green veg lets you add loads of flavour and get ahead with your meal; when you're ready to serve, simply give the cooled veg a few turns in the hot pan.

**250g large leaf spinach (not baby)**  
**2 tbsp mild olive oil**  
**handful small shallots, peeled**  
**1 garlic clove, peeled but left whole**

**1** Tip the spinach into a pan of boiling water. Leave until just wilted and bright green, then drain and cool under cold running water. Squeeze as much water as you can from the leaves. Can be done up to 1 day ahead.

**2** To serve, heat the oil in a frying pan. Sauté the shallots for 5 mins or until tender. Add the garlic, fry for 30 secs, then toss in the spinach. Season, then stir until reheated.

PER SERVING 135 kcals, protein 4g, carbs 3g, fat 12g, sat fat 2g, fibre 3g, sugar 3g, salt 0.45g

## Creamy herb & Parmesan mash

SERVES 2 ● PREP 5 MINS ● COOK 20 MINS  
**Easy** 🍴 **without herbs**

Mash is the perfect side dish as it's so easy to make ahead. Reheat in the microwave or pan, adding a splash more milk if it has lost a bit of its creaminess. Finally, stir through the herbs.

**2 large floury potatoes, cut into large chunks**  
**150ml milk**  
**knob of butter**  
**25g Parmigiano Reggiano, grated, or more if you like**  
**handful chopped flat-leaf parsley and basil**

Boil potatoes in salted water for 15-20 mins until tender, then drain. Put the milk and butter in the pan, bring to the boil, add the potatoes, then mash until creamy. Stir in the cheese, season, then fold in the herbs.

PER SERVING 302 kcals, protein 14g, carbs 41g, fat 11g, sat fat 6g, fibre 3g, sugar 7g, salt 0.5g

## Iced hazelnut zabagliones

SERVES 2 FREEZE LEFTOVERS FOR UP TO 1 MONTH ● PREP 25 MINS ● COOK 5 MINS  
**Moderately easy** 🍴

This recipe makes more than you'll need, but once you've tried these little treats, you'll be glad there's more in the freezer. The coffee sauce would be perfect over vanilla ice cream, too.

**100g hazelnuts, toasted**  
**400ml double cream**  
**85g golden caster sugar, plus 1 tbsp**  
**3 egg yolks**  
**5 tbsp sweet Marsala**

### For the coffee marsala sauce

**4 tbsp chocolate hazelnut spread**  
**2 tbsp sweet Marsala**  
**2 tsp instant coffee, dissolved in 2 tbsp boiling water**

**1** Put all sauce ingredients into a pan, bring to the boil, whisking, then let it cool completely to a silky, thickened sauce.  
**2** Whizz all but 1 tbsp of the nuts in a small food processor until fine. Very roughly chop the rest, then set aside. Gently whip the cream with 1 tbsp sugar. Put the rest of the sugar into a pan, add 100ml water, then slowly heat until the sugar has dissolved. Turn up the heat, boil for 1 min, then take off the heat.

**3** Line two individual pudding basins or ramekins with cling film. Put the egg yolks and Marsala into a large bowl over a pan of hot water, then whisk until it starts to thicken and get foamy. Keep the beaters running and trickle the sugar syrup into the mix. Keep beating for about 5 mins until the mixture is thick and holds a trail. Take off the heat, then whisk until cooled. Add the cream, whisk again, then fold in the ground nuts with a metal spoon.

**4** Ripple half the sauce through the mix, spoon into the moulds, then fold the cling film over. Freeze the remaining mix in a tub or make more individual puds, if you like. Freeze for at least 4 hrs or overnight to set.  
**5** Turn onto plates, then let ices sit for 10 mins to soften a little. Scatter over the chopped nuts, then pour a little sauce over to serve.

PER SERVING 621 kcals, protein 6g, carbs 27g, fat 53g, sat fat 22g, fibre 1g, sugar 27g, salt 0.07g

**Emilia Romagna is one of Italy's great food regions – Parmigiano Reggiano, balsamic vinegar and Parma ham all come from this fertile area that borders Tuscany, Veneto, Lombardy and Liguria. The lively regional capital, Bologna, has a buzzing centre, superb food shops and brilliant connections to Florence and Venice, making it an ideal base for a foodie trip.**





Decadent dessert

# Keep it simple

These one-dish recipes make entertaining a breeze – just add crusty bread for the ultimate laid-back meal

RECIPES **SARA BUENFELD**

Relaxed  
food for  
friends

Chicken salad with crisp bacon  
See recipe on p86 ►



**Paprika rice with prawns**

SERVES 4 EASILY DOUBLED • PREP 15 MINS

• COOK 35 MINS **Easy****good pinch saffron****1 litre hot chicken stock****100g sliced chorizo****1 tbsp olive oil****1 large onion, finely chopped****250g risotto rice****1 tsp paprika****2 garlic cloves, chopped****1 glass dry white wine****1 large red pepper, peeled and diced****100g French beans, trimmed  
and halved****12-16 large raw prawns, tails left on  
chopped flat-leaf parsley and lemon  
wedges, to serve****1** Drop the saffron into the hot stock.

Fry the chorizo in the oil in a lidded pan until crisp, then lift out with a slotted spoon. Tip away all but 1 tbsp of the oil, add the onion to the pan and cook, stirring often, until soft. Now add the rice, paprika and garlic. Briefly stir over the heat, then pour in the wine and let it bubble away.

**2** Tip in three-quarters of the stock, stir well, cover and cook for 10 mins. Add the pepper and beans. If the rice is a little dry, add the remaining stock, then cover and cook for 8 mins more. Stir in the prawns and chorizo, cook until the prawns are pink, then scatter with parsley and serve with lemon wedges and bread.

PER SERVING 454 kcal, protein 30g, carbs 60g, fat 11g, sat fat 3g, fibre 4g, sugar 9g, salt 1.87g

Gutsy flavours



## Roasted salmon, pepper & broad bean salad

SERVES 6 EASILY HALVED ● PREP 25 MINS

● COOK 25 MINS **Easy**

3 red peppers, halved and deseeded  
4 tbsp olive oil, plus extra for roasting  
4 skinless, boneless salmon fillets  
3 tbsp capers, rinsed  
2 tsp balsamic vinegar  
1 garlic clove, crushed  
small bunch basil, finely shredded,  
plus a few whole leaves  
100g broad beans, double podded  
2 avocados  
squeeze of lemon juice  
1 fennel bulb, very thinly sliced  
100g rocket leaves

**1** Heat oven to 220C. Rub the peppers with a little olive oil, put in a roasting tin and cook in the oven for 15 mins. Rub the salmon with a little oil, add to the tin and roast for 8 mins more. Lift out the peppers, pop into a bowl, cover with cling film and set aside. Cool the salmon, then chill until ready to serve.

**2** When cool enough to handle, peel the skin from the peppers, then slice the flesh into strips. Mash the capers with the oil and vinegar, garlic and seasoning. Mix with the pepper strips, any pepper juices and the shredded basil. Set aside.

**3** Blanch the beans in boiling, salted water for 2-3 mins until just tender.

Drain and rinse under cold water to cool. Set aside until ready to serve.

**4** To serve, flake the salmon into large chunks. Halve, stone and roughly chop the avocados, squeezing over a little lemon juice to stop them from browning. Layer the fennel, rocket, basil leaves, avocado, beans, salmon and peppers with their dressing on a large platter. Gently toss, then serve immediately with crusty bread.

PER SERVING 379 kcals, protein 22g, carbs 8g, fat 29g, sat fat 4g, fibre 5g, sugar 6g, salt 0.51g

Prepare ahead, then throw  
together at the last minute





Moroccan meatballs with eggs  
See recipe on p86 ►



## Moroccan meatballs with eggs

SERVES 4 ● PREP 40 MINS

● COOK 30 MINS **Easy**

1 onion, finely chopped  
3 tbsp olive oil  
50g fresh breadcrumbs  
250g lean lamb mince  
½ tsp ground cinnamon  
5 eggs  
2 garlic cloves, sliced  
1 courgette, thickly sliced  
800g chopped tomatoes  
2 tsp honey  
½-1 tsp ras el hanout spice mix  
20g bunch coriander, mostly chopped  
400g can chickpeas, rinsed and drained

**1** Fry the onion in 1 tbsp oil until soft, then allow to cool. Mix with the breadcrumbs, mince, cinnamon, 1 egg, ½ tsp salt and lots of pepper, then shape into about 24 meatballs with wet hands. Fry in the remaining oil in a shallow pan for about 8 mins, moving them round until evenly browned. Lift out and set aside.

**2** Add the garlic to the oil left in the pan and fry until softened. Add the courgette, fry for 1-2 mins, then tip in the tomatoes, honey, ras el hanout, three-quarters of the coriander, seasoning and a couple of tbsp water. Stir and cook until pulpy.

**3** Stir in the chickpeas and add the meatballs. Make 4 hollows in the sauce, then break in the remaining eggs. Cover and cook for 4-8 mins over a low heat until the eggs are set. Scatter with coriander and serve straight from the pan with crusty bread for scooping up the sauce.

PER SERVING 377 kcals, protein 26g, carbs 20g, fat 22g, sat fat 7g, fibre 3g, sugar 8g, salt 0.94g



## Chicken salad with crisp bacon

SERVES 4-6 ● PREP 40 MINS

● COOK 5-10 MINS **Easy**

meat from 1 ready-roasted chicken, roughly shredded  
6 rashers smoked streaky bacon  
1 small red onion, halved, thinly sliced  
2 tbsp olive oil  
2 tsp white wine vinegar  
100g watercress  
2-3 heads red chicory, separated into leaves and halved if large  
¾ cucumber, halved, seeds scooped out, then sliced on the diagonal

### For the dressing

200g Greek yoghurt  
4 tbsp mayonnaise  
2 tsp wholegrain mustard  
1 spring onion, finely chopped  
2 tsp chopped tarragon

**1** Mix the ingredients for the dressing with a little seasoning. Stir in the chicken and loosen with water if necessary.

**2** Slowly cook the bacon in a large frying pan until crisp and the fat has run out. Drain on kitchen paper. Meanwhile, mix the onion with the oil, vinegar and seasoning.

**3** Toss the onion with the watercress, chicory and cucumber, then pile onto a platter. Spoon the chicken on top, then break or chop the bacon over the top of that. Serve with crusty bread.

PER SERVING (6) 501 kcals, protein 44g, carbs 4g, fat 35g, sat fat 11g, fibre 1g, sugar 3g, salt 3.12g

## Greek lamb with potatoes & olives

SERVES 4 ● PREP 20 MINS

● COOK 1 HR 10 MINS **Easy**

800g medium-size potatoes, skin on, thinly sliced  
4 large tomatoes, thinly sliced  
1 aubergine, thinly sliced  
4 garlic cloves, chopped  
3 tbsp oregano leaves, plus extra for sprinkling  
85g pitted Kalamata olives, halved  
5 tbsp olive oil, plus a drizzle  
100g feta, crumbled  
4 lamb steaks

**1** Heat oven to 200C. Layer up half the potato, tomato and aubergine in a baking dish, scattering with garlic, oregano and olives, drizzling with oil and seasoning as you go.

**2** Scatter over the feta, then repeat the layers until all the ingredients are used up. Finish with potatoes and a little oil.

**3** Bake for 50 mins or until the veg are tender (cover with foil if they're getting too brown). Top with the lamb steaks, rubbing with a little more oil and seasoning. Bake for 15-20 mins more until the lamb is cooked. Allow to rest and cool a bit before scattering with oregano and serving with crusty bread.

PER SERVING 772 kcals, protein 38g, carbs 42g, fat 51g, sat fat 19g, fibre 6g, sugar 8g, salt 2.03g



Quick prep, then leave to cook







# A proper beef & mushroom pie

Cooking  
for pleasure

Escape to your kitchen this weekend and make

**Barney Desmazery's** deep-dish beef & mushroom pie

PHOTOGRAPHS **LIS PARSONS**



## Proper beef, ale & mushroom pie

SERVES 6 ● PREP A STAGGERED 1 HR

● COOK A STAGGERED 3 HRS

For the confident cook

For the best results, this is a two-day process and I tend to make a big batch of stew (double the amounts given here) so I have one batch in the freezer ready to make a pie when I need one. I've been generous with the filling as pie dishes differ but any leftover can be served as a stew or used to make a pie for one, and then frozen.

### For the beef

small handful dried porcini mushrooms (about 10g) – not essential but very tasty

2 tbsp vegetable oil

1kg braising steak (buy this as a whole piece and cut it yourself into large chunks)

2 large onions, roughly chopped

4 large carrots, chopped into large chunks

2 tsp golden caster sugar

4 tbsp plain flour

300ml dark ale

2 beef stock cubes mixed with 400ml boiling water

small bunch each thyme, bay leaf and parsley, tied together

200g smoked bacon, lardons or chopped rashers

200g chestnut mushrooms, halved

### FOR THE PASTRY

650g plain flour, plus extra for dusting

250g lard or cold butter, diced, plus extra for greasing (see Good to know, far right)

1 egg yolk, beaten, to glaze

**1** Start by braising the beef. If you're using the porcini, cover them in boiling water for 20 mins, then squeeze out but keep the soaking water. Heat oven to 160C. Heat half the oil in a large casserole dish, brown the meat in batches, then set aside. Add the onions and carrots to the pan, drizzle a little more oil, then cook on a low heat for 5 mins until coloured. Add the soaked mushrooms, sizzle for 1 min more, then scatter over the sugar and flour, stirring until the flour turns brown. Tip the meat and any juices back into the pan and give it all a good stir. Pour over the ale, stock and



porcini soaking liquid, discarding the last few drops. Season stew, tuck in the herbs and bring everything to a simmer. Cover with a lid and place in the oven for about 2 hrs, until the meat is really tender.

**2** While the stew is cooking, heat a drop more oil in a frying pan and sizzle the bacon for 3 mins until crisp. Turn up the heat, add the mushrooms and cook for 4 mins until golden. Remove from the heat and, when the stew is cooked, stir them through. Leave everything to cool completely – better still, make this up to 2 days in advance and keep it in the fridge as the pie will be better if the filling is fridge-cold when added. Can also be frozen for up to 3 months and defrosted when needed.

**3** Make the pastry up to 2 days before you want to assemble the pie. Crumble the flour and lard or butter, together with a generous pinch of sea salt until completely combined, then add up to 200ml ice-cold water to make a soft dough. This can be done in a food processor if you want. Knead the pastry, then wrap in cling film and leave to rest in the fridge for at least 1 hr. The pastry can be made up to 2 days ahead and kept in the fridge or frozen for up to a month.

**4** When you want to make the pie, heat oven to 220C and place a flat baking tray in the oven. Heavily grease a 24-28cm pie dish and dust well with flour. Cut a third off the pastry and set aside. Roll out the pastry to a thick-ish round that will easily line the pie dish with an overhang, then line the tin. Add the beef to the dish using a slotted spoon so some gravy is left in the container, as you don't want too much sauce in the pie. You want the filling to be slightly higher than the rim of the dish. If you have a bit too much, set it aside.

**5** Roll out the remaining pastry to a thick round big enough to cover the dish. Brush the edges of the pastry in the dish with egg yolk, then cover with the pastry lid. Trim the edges, crimp the pastry, then re-roll your trimmings to make a decoration, if you like – I always decorate my pies with pastry leaves. Brush the top heavily with egg. Make a few little slits in the centre of the pie, place on the hot baking tray, then bake for 40 mins until golden. Leave the pie to rest for 10 mins while you heat up the gravy left in the container. Serve the pie at the table with a jug of gravy and a big pile of something green and leafy.

PER SERVING 1,244 kJ, protein 54g, carbs 105g, fat 70g, sat fat 29g, fibre 7g, sugar 15g, salt 2.61g

### GOOD TO KNOW

Making pastry with lard gives a deliciously short texture, while making it with butter gives it a really good flavour. You can use whichever you prefer or for the best texture and flavour, you can use half of each.

*“I love proper pies and feel short-changed when I get something that’s essentially a stew topped with a sheet of pastry. It does take time and effort to make a proper pie – beautifully braised meat and a rich gravy all encased in homemade pastry. But what you are rewarded with is a slice of heart-warming kitchen joy. Can I have seconds, please? 🍷”*



# Masterclass

Handy tips and insider tricks



92 Gordon Ramsay's kitchen secrets



96 Janice Wong's Asian-inspired desserts



# Gordon Ramsay's Masterclass

Exclusive  
step-by-step  
recipe

Gordon shows you how to make his most decadent dessert – a gooey chocolate fondant that's perfect for entertaining

PHOTOGRAPHS **LIS PARSONS**



## Chocolate fondant

MAKES 9 • SERVES 8 • PREP 45 MINS

PLUS CHILLING • COOK 15 MINS

**Moderately Easy** **uncooked**

50g melted butter, for brushing  
cocoa powder, for dusting  
200g good-quality dark chocolate,  
chopped into small pieces  
200g butter, chopped into small pieces  
200g golden caster sugar  
4 eggs and 4 yolks  
200g plain flour

Caramel sauce (see below) and vanilla ice cream or orange sorbet, to serve

PER SERVING 581 kcals, protein 9g, carbs 52g, fat 40g, sat fat 21g, fibre 2g, sugar 30g, salt 0.55g

## Caramel sauce

MAKES 10 SERVINGS • PREP 2 MINS

• COOK 10 MINS **Moderately Easy**

250g caster sugar  
150ml double cream  
50g butter

Tip the sugar into a heavy-base frying pan, stir in 4 tbsp water, then place over a medium heat until the sugar has dissolved. Turn up the heat and bubble for 4-5 mins until you have caramel. Take off the heat, then carefully stir in the cream and butter. Leave the sauce to cool, then tip into a squeeze bottle.

PER SERVING 206 kcals, protein none, carbs 27g, fat 12g, sat fat 7g, fibre none, sugar 27g, salt 0.09g

Turn over for Gordon's tips on how to prepare and present, Michelin-style ►

FOOD STYLING MARK SARGEANT | STYLING ANDREW JACKSON | FEATURE COORDINATOR BARNEY DESMAZERY



6 *Chocolate fondant must be the ultimate modern classic dessert. It's easy to understand its appeal – a hot pudding with a molten middle that can be prepared ahead – completely irresistible, no wonder it's the best-selling dessert on my menu 9*



Smart, prepare-ahead dessert



**1** First get your moulds ready (see 'How to ensure your puds don't stick', opposite). Place a bowl over a pan of barely simmering water, then slowly melt the chocolate and butter together. Remove bowl from the heat and stir until smooth. Leave to cool for about 10 mins.



**2** In a separate bowl, whisk the eggs and yolks together with the sugar until thick and pale and the whisk leaves a trail; use an electric whisk if you want. Sift the flour into the eggs, then beat together.



**3** Pour the melted chocolate into the egg mixture in thirds, beating well between each addition, until all the chocolate is added and the mixture is completely combined to a loose cake batter.



**4** Tip the fondant batter into a jug, then evenly divide between the moulds. The fondants can now be frozen for up to a month and cooked from frozen. Chill for at least 20 mins or up to the night before (see 'My tips for success', opposite).



**5** Heat oven to 200C. Place the fondants on a baking tray, then cook for 10-12 mins until the tops have formed a crust and they are starting to come away from the sides of their moulds. Remove from the oven, then leave to sit for 1 min before turning out.



**6** Loosen the fondants by moving the tops very gently so they come away from the sides, easing them out of the moulds. Tip each fondant slightly onto your hand so you know it has come away, then tip back into the mould ready to plate up (see 'Plate up like a professional', opposite).



# Secrets from Gordon's kitchen

## HOW TO ENSURE YOUR PUDDS DON'T STICK



**1** Using upward strokes, heavily brush the melted butter all over the inside of the pudding mould. Place the mould in the fridge or freezer.



**2** Brush more melted butter over the chilled butter, then add a good spoonful of cocoa powder into the mould.



**3** Tip the mould so the powder completely coats the butter. Tap any excess cocoa back into the jar, then repeat with the next mould.

## PLATE UP LIKE A PROFESSIONAL



**1** Starting from the middle of each plate, squeeze a spiral of caramel sauce – do all the plates you need before you go on to the next stage.



**2** Sit a fondant in the middle of each plate. Using a large spoon dipped in hot water, scoop a 'quenelle' of ice cream.



**3** Carefully place the ice cream on top of the fondant, then serve immediately. Repeat with the rest of the fondants.

## MY TIPS FOR SUCCESS



- The cooking times I have given are for ramekins but if you want to use aluminium muffin tins (150ml) then 10 mins in the oven will be fine.
- If you are making the fondants for a dinner party I would advise you cook one extra as an 'insurance policy' that you can test for doneness. If everything

goes according to plan I'm sure there will be no shortage of guests wanting second helpings.

- The fondants will keep in the fridge overnight or can be frozen for up to 1 month. To bake from frozen, simply carry on as stated, adding 5 mins more to the cooking time. The caramel sauce can be made up to a week ahead.

- Once you have mastered the fondants, it's very easy to adapt their flavour. For a boozy version add a generous splash of Baileys to the melted chocolate. You can also make a chocolate and orange version by adding the finely grated zest of 1 large orange and an optional splash of orange liqueur.

Next month... Spaghetti with seafood velouté

• For more of Gordon's exclusive step-by-step recipes, visit [bbcgoodfood.com](http://bbcgoodfood.com)

# Dessert queen

Pastry talent **Janice Wong** is all set to impress with her larger-than-life, Asian-inspired masterpieces

WORDS **ANGELEIGH KHOO** PHOTOGRAPHS **CALVIN TAN**

Don't let her gentle words and youthful looks fool you – behind Chef Janice Wong's soft-spoken demeanour lies a steely core and an unwavering determination to succeed. The pint-sized entrepreneur made giant waves in Singapore's pastry scene when she opened 2am: dessertbar in 2007, wowing critics with her inspired creations and proving her worth to naysayers who had brushed her off as a bright-eyed ingénue.

Even though she was only 24 when she launched her own business, Janice had by then amassed a wealth of experience.



This included completing an intense pastry course in the prestigious Le Cordon Bleu Paris, a six-month attachment in Singapore's fine dining establishment Les Amis, and stints in some of New York's finest pastry kitchens, including Room 4 Dessert and wd-50.

In just three years, Janice has made a name for her cutting-edge, sweet creations, and become one of the fastest rising stars in the international pastry scene. Earlier this year, she was selected as the sole Asian representative to compete against seven international pastry chefs at the 2010 Madrid Fusion's prestigious C<sup>3</sup> competition. Her latest project is 2am: lab, a space dedicated to the research and development of new techniques and avant-garde cuisine. It is slated to open in the first quarter of 2011.

## Date pudding with gula Melaka coffee sauce

MAKES 12 CUPCAKE-SIZED PUDDINGS

● PREP 10 MINS ● COOK 40-45 MINS

**Moderately Easy**

Gula Melaka adds an Asian spin to a classic pudding. 'I've added coffee to balance out the sweetness of the palm sugar and the dates,' says Janice.

**150g white chocolate, melted**

**90g + 20g unsalted butter**

**160g dark brown sugar**

**1 egg**

**100g plain flour**

**½ tsp baking powder**

**250g dates, pureed**

**70g palm sugar (gula Melaka)**

**100ml hot black coffee**

**20ml coffee crème liqueur**

**(try Café Bohème)**

**40ml cream**

**edible gold dust, for garnish (optional)**

**12 dark chocolate squares, for garnish (optional)**

**vanilla ice cream, to serve (optional)**

**1** Preheat oven to 175C.

**2** Melt the white chocolate in a bain-marie. Set aside. Place butter in a saucepan and melt over low heat. Remove from flame, stir in the sugar, and return to heat. Stir continuously until the sugar dissolves.

**3** Add in egg and whisk until combined, and then stir in the flour and baking powder. Fold in the melted chocolate and dates, and stir to mix evenly.


**4** Line 12 cupcake moulds and divide the batter equally. Bake for about 25-30 mins until cooked through.

**5** Meanwhile, make the sauce. Combine gula Melaka, coffee and coffee crème liqueur in a pot. Stir until the sugar dissolves. Allow the mixture to cool and add the butter, then the cream. Whisk continuously until well combined, then strain mixture through a coffee filter.

**6** When ready to serve, unmould the date puddings and pour the sauce over. If using, gently blow some edible gold powder over the date pudding. Top with a dark chocolate square and serve with a scoop of vanilla ice cream, if you like.

PER SERVING 650 kcals, protein 9g, carbs 106g, fat 29g, sat fat 17g, fibre 4g, sugar 83g, salt 0.55g





Janice has made a name for her cutting-edge, sweet creations, and she has grown to become one of the fastest rising stars in the international pastry scene. 9

Classic with a twist

## Pineapple with coconut custard

SERVES 6 • PREP 15 MINS

• COOK 3½ HRS **Moderately Easy**

This is Janice's spiced-up version of her grandmother's caramelised pineapples, a childhood favourite for the pastry chef.

**1 small pineapple, about 375g**

**1 vanilla pod**

**75g + 75g caster sugar**

**2 Szechuan peppers**

**2 cloves**

**2 pink peppercorns**

**2 cinnamon sticks**

**2 star anise**

**Water**

**125g butter, cubed**

**250g plain flour**

**¼ tsp cinnamon**

**60g brown sugar**

**¼ tsp salt**

**200ml whole milk**

**250g coconut cream**

**100g raw sugar**

**6 egg yolks**

**1 tbsp corn flour**

**100g sago, cooked and cooled (optional)**

**handful of micro celery for garnish,  
optional (available at Fresh Direct)**

**1** Clean and core the pineapple, and then cut into 1cm-thick, half-moon shapes.

**2** Place pineapple slices, vanilla, 75g caster sugar, Szechuan peppers, cloves, peppercorns, cinnamon sticks and star anise into a pot and fill it with enough water to cover the ingredients. Give it a good stir and place a sheet of baking paper on the water surface. Cook over low heat for 2-3 hrs. After the first hour, peek under the paper every 45 mins to ensure that the pineapples don't burn.

**3** Preheat oven to 155°C. Make the crumble: Rub the butter into the flour and cinnamon until the mixture resembles breadcrumbs. Add in the brown sugar, remaining caster

sugar and salt. Mix well. Line a tray with baking paper and spread the crumble mixture out. Bake for 12-15 mins until golden brown.

**4** Combine the milk and coconut cream in a small pan and heat over a medium flame. In a separate bowl, whisk raw sugar and yolks until fluffy and pale yellow. When the milk and cream mixture starts to simmer, pour half of it into the yolk mixture, stirring continuously. Pour the mixture back into remaining pan of cream. Add the corn flour and cook, whisking, until the mixture thickens and achieves a viscous consistency. Remove from heat.


**5** To serve, break up and divide the crumble among 6 plates and place the pineapple slices on top. Place generous spoonfuls of the coconut custard and pearl sago on the side and garnish with micro celery, if using.

PER SERVING 140 kcals, protein 3g, carbs 21g, fat 4g, sat fat 3g, fibre 1g, sugar 17g, salt 0.13g

Plate to impress







Calming sweet treat

## Green tea crème brûlée

SERVES 4 ● PREP 10 MINS

● COOK 50 MINS **Easy**

This reminds Janice of her childhood in Tokyo, Japan. The green tea goes very well with the black beans, and this dessert is best enjoyed with a pot of hot genmaicha (brown rice tea).

**140ml milk**

**430ml cream**

**60g caster sugar**

**115g egg yolks (about 6-7 eggs)**

**3 tsp green tea powder**

**20 black beans, cooked**

**brown sugar, for sprinkling**

**1** Preheat oven to 165C.

**2** Heat milk and cream in a small pan over a medium flame until mixture reaches about 80C. Be careful not to boil it.

**3** In a bowl, whisk together the sugar and egg yolks until well combined, about 5 mins. Pour in half the milk and cream mixture and whisk continuously.

**4** Return the mixture to the remaining pan of cream and heat over a low flame, whisking continuously for 5 mins. Add in the green tea powder and whisk thoroughly until well combined.

**5** Divide the mixture among four 6cm ramekins and add 5 black beans into each. Place the ramekins in a tray half-filled with water and bake for 40 mins. The mixture should still be a little wobbly in the middle.

**6** Remove the ramekins from the water and leave to cool to room temperature. When ready to serve, sprinkle brown sugar evenly over the surface of the crème brûlée and caramelize using a blowtorch.

PER SERVING 210 kcals, protein 13g, carbs 20g, fat 10g, sat fat 7g, fibre 0.3g, sugar 5g, salt 0.74g

Tropical flavours



### Jackfruit white chocolate mousse

SERVES 4 ● PREP 15 MINS PLUS CHILLING

● COOK 10 MINS **Easy**

"While working in the States, I was inspired by how many chefs used tropical fruit in their desserts. Here, I've chosen to marry jackfruit, which can be very intense, with subtle white chocolate."

**1 tsp + 1 tsp powdered gelatine**  
**10ml iced water**  
**60g white chocolate**  
**160g jackfruit, pureed**  
**100ml whipping cream**  
**100g raspberries, pureed (or substitute with any seasonal fruits)**  
**cocoa powder, for sprinkling (optional)**  
**edible flowers, for garnish (optional)**

**1** Stir 1 tsp gelatine into iced water and leave the mixture to thicken. Melt white chocolate in a bain-marie. Let cool.

**2** Heat the jackfruit puree over a low flame, about 3 mins. Stir in the gelatine mixture, and then whisk in the melted chocolate. Set aside to cool.

**3** In the meantime, whip the cream in a chilled bowl until soft peaks form. Using a spatula, gently fold the cream into the cooled puree mixture. Set in the refrigerator to chill for at least 2 hrs.

**4** Next, make the raspberry coulis. In a small pan, whisk the fruit puree with the remaining powdered gelatine and bring to a boil. Sieve the mixture and leave to cool.

**5** When ready to serve, half-fill glasses with the chilled mousse and add in a heaped spoonful of the coulis. Top with remaining mousse. Sprinkle cocoa powder and edible flowers over, if using.

PER SERVING 448 kcals, protein 10g, carbs 72g, fat 14g, sat fat 10g, fibre 1.5g, sugar 50g, salt 0.16g





102 How to go gluten-free



114 Cooking with cheaper cuts



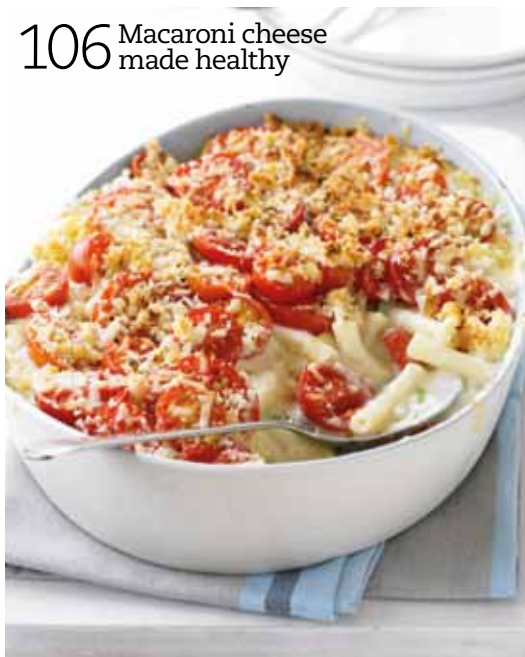
120 Riesling is the next big thing

# Live Well

Your guide to eating and living well



113 Avocado is good for you



106 Macaroni cheese made healthy



108 Delicious ways with fruit

# Going gluten-free

Beat gluten allergy and intolerance by going without  
STORY **SIM EE WAUN**

While many of us have the freedom to be foodies and enjoy all the food that we crave, there are just as many who grapple with all manner of food allergies and sensitivities.

A bane to the consummate food lover thus stricken, his menu can be a very limited one, with nibbles and tipples that we take for granted posing a major problem. While the unfettered indulgent may not pay heed to the ingredients list on the packet, this stricken soul would have to pore through the fine print to ensure undesirable items do not lurk within that may effect uncomfortable consequences, from a bloated belly to incessant burping, to aches and eczema and exhaustion.

We've heard of the problems peanuts can pose, lactose from milk and reactions from crustacean. Now add to the list an ingredient called gluten.

## The problem with gluten

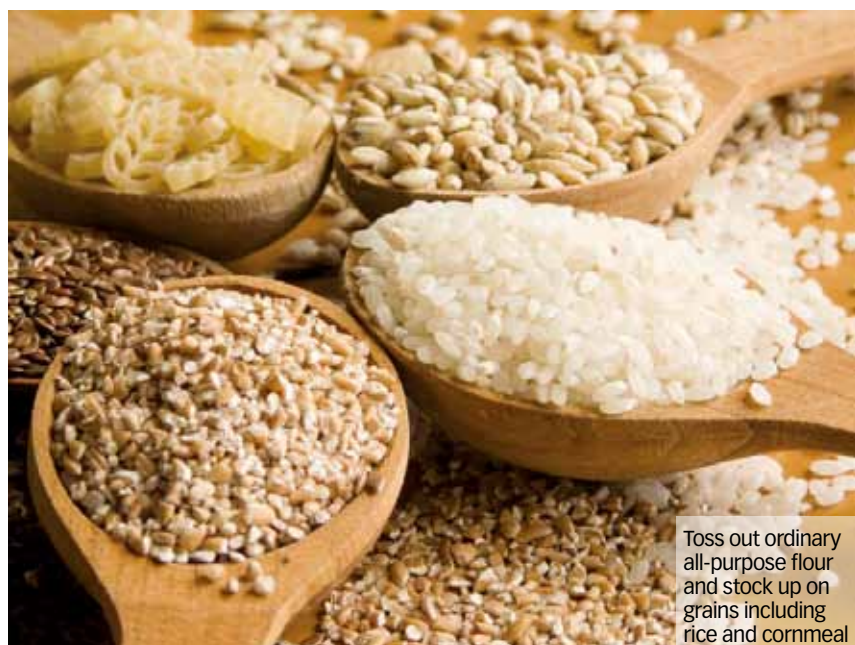
A long chain protein found in wheat and many other grains, it is difficult for our bodies to break up and to digest gluten. In fact, it often enters the small intestines partially intact. While most people are perfectly fine eating it, those who are intolerant may end up with a lifetime's burden to varying degrees.

When intolerance sets in – and this could be hereditary or from over-consumption – it irritates the intestinal wall lining, and injure the tiny villi that cling to the walls and which do the

essential task of absorbing nutrients for our bodies. Some people are allergic to gluten, where the body releases white blood cells to counter a certain food it mistakenly considers a bad thing; gluten intolerance on the other hand is a wholly different matter. It can lead to coeliac disease, a much more severe condition where the villi are damaged from eating gluten. They are no longer able to absorb nutrients well, leading to a lack of nourishment, and in kids, a failure to thrive. Because the symptoms are slow to become evident, the best thing is to seek a doctor's advice.

As there is no known cure for this situation, the only option is to free oneself from gluten. But admittedly, it is a sad thing to be intolerant to gluten, as it resides in many of life's delicious moments. Found in wheat, gluten intolerance renders all pastries, pies, cakes, cookies, breads and confections requiring flour to be off limits. Ditto comforting dishes such as pasta, anything with frozen potatoes (e.g. string fries from the freezer), canned soups, chocolate milk, certain ice creams and candy bars. For those who love their sausages and beer, well, the bad news is, both those items are out the window too – so much for Oktoberfest. Add to that already long list non-dairy creamers that make coffee so rich and milky; chocolate milk so loved by kids and the kid in us; flavoured coffee, pizza and cheeses such as roquefort, bleu, stilton and gorgonzola. While you're propping up the bar, steer clear of whiskey, ale and gin and together with the latter, a tempting sea of cocktails!

You don't have to give up breads and biscuits completely while on a gluten-free diet. Instead, go for baked goods that are made from corn, rice, potato, soy, sago and tapioca.



Toss out ordinary all-purpose flour and stock up on grains including rice and cornmeal





● Made from ground corn, polenta is a gluten-free substitute for bread. Cooked polenta can be shaped or cut into various shapes, and they are delicious baked, grilled or deep-fried ●



Gluten also lurks in other grains – barley (hence beer), rye, spelt, and some oats, semolina, malt, durum, bulghur and in hydrolyzed vegetable protein.

## Changing your diet

How do you find out if you have a problem with gluten? The advice is to go gluten free for four weeks, then reintroduce yourself to it. If you find a reaction taking place, go to the professionals for a proper check through.

In the meantime, you need to eat. Toss out the ordinary all-purpose flour and your high-gluten bread flour. Stock up on rice, corn, soy, potato, tapioca, beans and cornmeal. Buckwheat is fine, as are breads, cereals and crackers made with corn, rice, potato, soy, tapioca and sago. And while beer is out of the picture, there are still plenty of party drinks you can imbibe – the all-necessary champagne, thank goodness, brandy, tequila, wine, port and plenty more.

At the same time, you'll have to wash out your pantry to avoid 'cross contamination'. Use separate utensils for gluten-free cooking such as chopping boards and colanders, as well as foods you dip into. For example, if you just scooped out some plain flour into a mixing bowl and used the same spoon to scoop sugar, the sugar is no longer 'clean' for one on a gluten-free diet. Think before you double dip your spoon from stirring a gravy thickened with flour to a saucepan of cooking quinoa.

It's not easy to go gluten free so don't expect an overnight transformation. Take it one step at a time for it is a lifestyle change. Because yes, these proteins do get around!



POLENTA



WILD RICE



MILLET

### GLUTEN-FREE GRAINS

How about some alternative grains for the gluten-intolerant? Here's the formulae for single portion servings:

- **Polenta** Bring ¼ cup polenta with 1 cup water to a boil and cook for 1 minute.
- **Brown rice & wild rice** Bring ¼ cup brown rice and 1 cup water to boil and cook for 45-50 minutes.
- **Millet** Cook ¼ cup millet with 1 cup water for 20 minutes.
- **Quinoa** Rinse the grain first, then cook ¼ cup quinoa with 1 cup water for about 15-20 minutes.



WHITE AND RED QUINOA

## Flourless orange & almond cake

SERVES 8-10 ● PREP 10 MINS

● COOK 1 HR 20 MINS **Easy**

**2 oranges, skin on, scrubbed and roughly chopped into small pieces**

**5 eggs, separated**

**200g sugar**

**225g ground almonds**

**2 tbsp flaked almonds**

**Icing sugar, to dust (optional)**

**Zest of ½ orange, to garnish (optional)**

- 1** Preheat the oven to 180C. Line a 23cm springform tin with greaseproof paper.
- 2** Place the oranges in a saucepan with 1-2 tbsp water. Cover and cook gently for 20-30 mins until soft and excess liquid has evaporated. When the oranges are cool enough to handle, chop them into fine pieces, either by knife or food processor.
- 3** Place egg whites in a clean, chilled bowl and whisk until peaks form. Add in half the caster sugar, then whisk for 1 min.
- 4** Place egg yolks in another bowl and whisk with the remaining sugar until pale and thick. Gently stir in the finely chopped oranges and ground almonds.
- 5** Stir in a few spoonfuls of the whisked egg white into the egg yolks first, then gently fold in the rest with a metal spoon.
- 6** Transfer batter to prepared cake tin and sprinkle over flaked almonds. Bake for 50 mins until the cake is golden and a skewer inserted in the centre comes out clean. (Check the cake after 20 mins and again at 30 mins. If it is browning too quickly, cover lightly with foil.) Leave the cake to cool in the tin. Dust with icing sugar and garnish with orange zest, if you like.

PER SERVING (8) 315 kcs, protein 9g, carbs 35g, fat 17g, sat fat 2g, fibre 4g, sugar 30g, salt 0.04g



Have your cake and eat it!

## The Ultimate MAKEOVER

# Macaroni cheese

**Angela Nilsen** finds new ways to lighten a favourite comfort food dish without compromising on flavour

PHOTOGRAPHS **DAVID MUNNS**

The winning combination of fat and salt in macaroni cheese is compelling, making it many people's ultimate comfort food. So why change a good thing? As nutritionist Fiona Hunter pointed out, it is very high in those two things everyone loves it for. 'It's also pretty well devoid of fibre and nutrients like vitamin C that you get from veg.' My challenge was clear – to keep the rich, comforting taste while lightening it and making it healthier.

### Seeking advice

Food writer Alex Mackay said: 'The secret to this dish is to have more sauce than you think you need. Macaroni cheese can be stodgy, so I stir in extra milk at the end, which makes the sauce creamier without adding cream, and I use organic milk for its flavour.'

For additional texture, taste and colour, he suggested sweating some spring onions, then mixing them into the sauce at the end. All great advice, but I still needed to find ways to reduce the fat. 'You could make a low-fat sauce with just flour and milk,' Fiona said. To get the most flavour from cheese, she suggested using a smaller quantity of a mature, strong cheddar. 'Mustard also enhances the flavour of the cheese slightly,' she added.

However, my main concern was how to achieve flavour, as all the low-fat recipes I looked at relied on low-fat cheese, skimmed milk and reduced-fat spread.

### Testing times

My first test lacked depth. I had made a traditional roux with less butter, added half-fat crème fraîche to the sauce and

reduced the cheese by well over half. The result was bland and the taste of cheese non-existent. I needed to boost flavour without adding fat.

### A fresh approach

I swapped a classic roux for a quick-mix sauce made with just cornflour and milk, no butter. It was wonderfully smooth and I perked up the flavour by infusing some garlic in the milk, adding a pinch of crushed chillies and some English mustard. However, in my attempt to lower the fat by using only a small amount of cheese, the taste of it remained too faint.

So I upped the cheese a bit, combining extra-mature cheddar with a little Parmesan for more savouriness. To achieve the sauciness, I adjusted the consistency of the sauce, and the sauce-to-macaroni ratio, then stirred buttermilk in at the end instead of extra milk – which added less fat but still gave a silky creaminess. Spring onions boiled with the macaroni gave extra interest while the tomatoes and crumbs added colour and texture.

### The verdict

Tasters complemented the final version for its lightness and contrasting taste and texture combinations. Nutritionist Wendy Doyle told me that, compared with the classic, my version provides half your daily requirement of vitamin C and both fat and saturated fat were reduced by over half. So, now you can enjoy this warming dish with far less guilt.

## The Ultimate Makeover macaroni cheese

SERVES 4 ● PREP 30 MINS

● COOK 35 MINS **Easy**

550ml semi-skimmed milk

25g cornflour

1 heaped tsp English mustard powder

1 large garlic clove, finely chopped  
generous pinch crushed dried chillies

140g extra mature cheddar

25g Parmesan

25g fresh breadcrumbs

450g mix of tomatoes, such as cherry  
and medium vine

1 bunch spring onions, ends trimmed

200g macaroni

150ml buttermilk

**1** Mix 3 tbsp of milk with the cornflour and mustard, set aside. Heat the rest of the milk with the garlic until just coming to boil. Remove from the heat, sprinkle in the crushed chillies and leave to infuse.

**2** Get everything else ready. Coarsely grate both cheeses, keeping them separate. Mix a handful of the cheddar into the breadcrumbs with a grinding of pepper. Thickly slice the medium tomatoes and halve the cherry. Finely slice the spring onions. Heat oven to 190C.

**3** Bring a pan of water up to the boil, tip in the macaroni, give it a stir so it doesn't stick, then cook for 6 mins, stirring occasionally. Stir in the spring onions and cook for another 2 mins. Meanwhile, make the sauce. Stir the cornflour mix into the warm milk. Return the pan to the heat, then bring to the boil, stirring, until thickened and smooth. Remove from the heat and stir in the Parmesan, most of the remaining cheddar and some pepper to taste. Stir in the buttermilk.

**4** Tip the macaroni into a colander, drain, then hold under a very hot tap to keep it all separate. Drain well, then stir into the sauce. Pour into an ovenproof dish, about 30 x 20 x 5.5cm deep. Lay the tomatoes over the top then scatter over the cheesy breadcrumbs, the rest of the cheese and a grating of pepper. Bake for about 15 mins until starting to bubble around the edges. Grill for about 5 mins until the top is crisp and well browned. Let sit for a few mins to settle before serving.

PER SERVING 503 kcals, protein 26g, carbs 62g, fat 19g, sat fat 11g, fibre 3g, sugar 14g, salt 1.15g





**MAKING IT HEALTHIER**

A serving of classic macaroni cheese contains 821 kcals and 43g fat (26g of which is sat fat) and 1.98g salt.

My version contains 503 kcals and 19g fat (11g sat fat) and 1.15g salt. Here's how I did it:

- Reduced the fat by making a butterless sauce, using less of an extra mature cheese combined with Parmesan to maintain flavour and substituting some of the milk for ultra-low-fat buttermilk.
- Reduced the salt by using less cheese and adding garlic, mustard and spring onions as flavour enhancers. Upped the vitamin C by topping with tomatoes.



Half the fat –  
all the flavour

**In Season:**

# Pick of the month

Add a dash of colour to your diet with UK celebrity grocer **Gregg Wallace's** selection of vibrant fruit

PHOTOGRAPHS **PHILIP WEBB**

**T**he great thing about imported fruit is that you can eat it whenever you want. From deliciously tart cranberries to my favourite passion fruit, here's my pick of the best fruit to add a bit of sunshine and colour in your fruit bowls.

The first is the **cranberry** because it is equally at home in savoury dishes and desserts. Its sourness makes it fantastic as a sauce, particularly for meat and game. When buying, look for bright, dry and plump berries with no wrinkles. If fresh, they are extremely hardy and will last in the fridge for well over two weeks, as long as you instantly remove any decaying ones. Freeze them on a tray without any touching each other; then, once frozen solid, freeze them all in a bag together. You can easily get frozen cranberries at the supermarket, too.

My second choice is **pineapple** as nothing compares to its texture or taste – so juicy it has honey sweetness at one level and sharpness at the other. Quite stunning! You don't have to worry about buying a ripe one. A pineapple will ripen perfectly well at home at room temperature. But do not refrigerate them – they will deteriorate very quickly if cold. Pineapples are not supposed to be cold. Snowmen, yes! Tropical fruit, no.

You don't want to eat a pineapple until it's perfectly ripe. A ripe pineapple will give you lots of indications that it's ready to be munched. The obvious one is the colour; green when unripe, it will be perfect when it's yellow, and going over when it starts to brown. You can pull the leaves from the centre and see if

## HEALTHY BENEFITS

Rich in antioxidants, pomegranates can help to maintain a healthy heart and prevent cancers. They are a good source of folate, vitamin C and fibre as well as potassium, which is important for healthy blood pressure. A glass of pomegranate juice improves blood flow and inhibits clots.



they come out easily, and you can also turn the pineapple upside-down and have a good sniff. Once it starts to smell of big-time pineapple, it's ready.

If you've got time on your hands, you can tackle a whole **pomegranate**, but if short of time, buy the seeds ready prepared. Pomegranate has a lovely, almost wine-like flavour that works well in salads or scattered over slow-cooked meat. The juice makes a great cordial or superb marinade.

I've left my favourite until the end.

I love a **passion fruit** – it has to be the most fragrant of exotic fruits, with a very sharp flavour that is still sweet. Inside its tough exterior is orange flesh around dark, edible seeds.

I enjoy passion fruit halved and scooped up with a teaspoon. Its pulp is also superb poured over vanilla ice cream or mixed with anything creamy. To get the best pulp, force the flesh through a fine sieve with a tablespoon of boiling water. Passion fruits are ready to eat when their skins are wrinkly.



Sweet, tender lamb  
See recipe on p110 ►







Completely  
make ahead

## Passion fruit & coconut panna cotta

MAKES 4 ● PREP 5 MINS PLUS SETTING

● COOK 10 MINS **Moderately Easy**

These elegant desserts are ideal for a stress-free finale to a smart dinner.

**12 ripe and wrinkly passion fruit**  
**300ml double cream**  
**160ml coconut cream**  
**140g caster sugar**  
**juice of ½ lemon**  
**12g powdered gelatine**  
**2 tbsp icing sugar**

**1** Halve 6 of the passion fruit and scoop out the pulp into a saucepan. Add the cream, coconut cream, caster sugar and lemon juice, heat everything together, then gently boil, stirring until the sugar has dissolved. When the cream is just

simmering, scoop out about 100ml into a small bowl and scatter over the gelatine. Stir until dissolved, stir back into the saucepan, then take off the heat. Press through a sieve into a jug, then pour the mixture into 4 individual mini pudding basins. Leave to set in the fridge for at least 4 hrs until completely set.

**2** Meanwhile, halve and scoop the rest of the passion fruit through a sieve into a bowl. Mix to sweeten with the icing sugar, add 1 tbsp of the seeds from the sieve back into the sauce, then stir to mix. Can be made up to 2 days in advance and chilled.

**3** To serve, briefly dip the panna cotta moulds into hot water until they start to loosen at the sides, then invert onto serving plates. Spoon the sauce around the plates and serve.

PER SERVING 706 kcals, protein 7g, carbs 51g, fat 54g, sat fat 35g, fibre 2g, sugar 51g, salt 0.1g

## OR WHY NOT TRY...

### Passion fruit & mango fool

✓ Counts as  
**1 of 5-a-day,**  
**low fat**

To make an easy no-cook dessert, peel and dice 2 mangoes and blitz half with the juice of 1 lime. Stir into 500g natural yoghurt with the juice 2 passion fruits. Spoon the remaining mango into 4 glasses, spoon over the yoghurt mix and chill until ready to serve. Serves 4.

## TIP

Pomegranate molasses has a delicious sweet and sour flavour and can be used in dressings and marinades. If you can't get pomegranate molasses, substitute with grenadine syrup.

## Slow-roast Persian lamb with pomegranate salad

SERVES 6 ● PREP 20 MINS

● COOK 3½ HRS **Easy**

The pomegranate salad is also delicious on its own for a light lunch or with some crumbled feta.

### For the lamb

**4 tbsp pomegranate molasses (see tip)**  
**1 tsp ground cumin**  
**juice of 1 lemon**  
**1 tbsp olive oil**  
**2 garlic cloves, minced**  
**1 onion, roughly chopped**  
**1 shoulder of lamb, weighing about 1.6kg, lightly scored**

### For the salad

**seeds of 2 pomegranates**  
**handful flat-leaf parsley leaves**  
**100g watercress**  
**1 small red onion, finely diced**  
**1 tbsp olive oil**  
**flatbreads, to serve**

**1** Heat oven to 160C. In a small bowl, mix the molasses with the cumin, lemon juice, olive oil and garlic. Scatter the onion over a casserole dish or a deep roasting tin. Place the lamb on top of the onions. Pour the glaze over the lamb. Rinse the bowl out with about 200ml water, then pour it around – not over – the lamb.

**2** Cover the dish with a lid or the tin with a large piece of foil. Roast the lamb, undisturbed, for 3 hrs, then remove the lid or foil and continue to roast for 30 mins to give the lamb colour. When the lamb has had its time, pour off the juices, remove as much fat as possible, then pour the juices back over the lamb.

**3** Just before serving, gently toss all the salad ingredients together. Serve the lamb with its sauce, the pomegranate salad and some warmed flatbreads.

PER SERVING 554 kcals, protein 37g, carbs 15g, fat 39g, sat fat 18g, fibre 2g, sugar 13g, salt 0.35g

## OR WHY NOT TRY...

### Jewelled couscous ✓ Good for you

Cook 200g couscous and mix with 150g pomegranate seeds, a chopped handful mint, the juice of 1 orange and 2 tbsp each olive oil and white wine vinegar. Serves 4.





Simple yet impressive  
with tender duck &  
pineapple red curry  
See recipe on p112 ►





Perfect one-portion puds

## Cranberry ripple cheese-cupcakes

MAKES 12 ● PREP 20 MINS

● COOK 40 MINS **Easy**

These gorgeous little cupcake-size cheesecakes feature a sharp ripple of cranberry to cut through the sweetness.

**250g digestive biscuits**  
**100g butter, melted**  
**600g soft cheese**  
**2 tbsp plain flour**  
**175g caster sugar**  
**dash vanilla extract**  
**2 eggs, plus 1 yolk**

### For the ripple

**400g cranberries, fresh or frozen**  
**100g icing sugar, plus extra for dusting**

**1** First make the ripple by putting the cranberries and icing sugar into a shallow pan and cooking down over a medium-high heat for 10 mins until the berries

collapse into a thick and sticky sauce. Turn off the heat and leave to cool.

**2** Heat oven to 180C. Line a 12-hole cupcake tin with 12 cupcake cases. Crush the biscuits in a plastic bag or whizz in a food processor, then mix with the melted butter. Divide between the cupcake cases and press down with your fingers. In a separate bowl, mix the soft cheese with the flour, sugar and vanilla extract, then gradually beat in the eggs and yolk until smooth. Ripple the berry mix through the cheese, being careful not to over-mix. Spoon the mix into the cases and smooth the tops with the back of the spoon. Bake for 30 mins, leave to cool, then chill in the fridge until completely cold.

**3** To serve, peel the cases off the cakes, if you like, then dust with icing sugar. Pile the cupcakes on a nice platter for everyone to help themselves.

PER CUPCAKE 412 kcs, protein 6g, carbs 44g, fat 25g, sat fat 14g, fibre 2g, sugar 31g, salt 1g

## OR WHY NOT TRY... Cranberry vodka

For a simple but stunning festive liqueur, mix **250g cranberries** with **175g caster sugar** and **1 litre vodka** until the sugar has dissolved. Decant into 2 bottles and leave for 2 weeks. Then place bottles in the freezer and enjoy chilled.

## Tender duck & pineapple red curry

SERVES 6 EASILY DOUBLED

● PREP 20 MINS ● COOK 2 HRS **Easy**

This slow-cooked curry improves if made up to 2 days ahead, without the pineapple. Simply add the pineapple and reheat.

**6 duck legs**  
**2 tbsp light brown sugar**  
**4 tbsp red Thai curry paste**  
**400ml coconut milk**  
**200ml water**  
**2 tbsp fish sauce**  
**6 kaffir lime leaves**  
**1 small pineapple, peeled, cored and cut into chunks**  
**1 red chilli, deseeded and finely sliced, to serve (optional)**  
**Thai basil leaves, to serve (optional)**

**1** Heat oven to 180C. Dry-fry the duck legs in an ovenproof frying pan on a low heat for 10-15 mins, turning once, until coloured all over. Remove the duck. Add sugar to the fat in the pan and cook to caramelize, then add the curry paste and cook for few mins until fragrant. Stir in the coconut milk and water. Simmer and stir until combined, then add the fish sauce and lime leaves.

**2** Slip in the duck legs, cover the pan and cook in the oven for 1½ hrs until the duck is really tender. Lift the duck legs into a serving dish and remove fat from the sauce, if you like. The curry can be prepared up to 2 days ahead and left in the fridge, in which case it will be easier to remove the fat. Place the pan back on the heat, add the pineapple and simmer for 2 mins. Adjust the seasoning, adding more fish sauce for salt, and more sugar for sweetness. At the last moment, stir through half the chilli and half the Thai basil leaves, if using, pour over the duck, then scatter with the rest of the chilli and basil. Serve with jasmine rice.

PER SERVING 659 kcs, protein 38g, carbs 20g, fat 49g, sat fat 20g, fibre 2g, sugar 18g, salt 2.29g

## OR WHY NOT TRY... Minted pineapple

**Counts as 1 of 5-a-day, low fat**

For a simple dessert, use a pestle and mortar to crush together **50g golden caster sugar** and a **handful mint leaves** until completely blended. Scatter over thin slices of ripe **pineapple**.



# The healthy ingredient

# Avocado

Eaten in South and Central America for millennia, the avocado is just about the most nutritious fruit in the world, says nutrition expert **Natalie Savona**

A ripe avocado is a very balanced fruit comprising a range of oils, vitamins, minerals and fibre; it is neither acidic nor alkaline and is easily digestible (unless you have liver problems, in which case it may be too fatty). This fruit is a good source of the fat-soluble antioxidant vitamin E, which is particularly good for our skin. It is also one of the richest sources of potassium, a mineral essential for healthy blood pressure and a good fluid balance in the body. Avocado also contains folic acid, which is particularly useful for women who are, or who are planning to get pregnant, as it is needed for the development of the foetus.

To top all of this, it is also the number-one fruit source of beta-sitosterol, a substance that has been linked to cancer protection, prostate health and good cholesterol levels.

## But aren't they high in fat?

Don't be put off. Although it is one of the most energy-dense natural foods (nuts aside) pound for pound, packed in with the calories is a mound of goodness. Seventy per cent of the fat in avocado is mono-unsaturated oleic acid, for which olive oil is renowned. Scientists have linked this to lower rates of heart disease, strokes and cancer. So, even if you are trying to lose weight, you still need some of the healthy fats from nutrient-dense foods such as avocado.

Its high fat content means it is very low on the glycaemic index scale, so you feel more satisfied after eating one and it also has what is called good 'mouthfeel', so you are less likely to overeat.

## Such a versatile food

There are so many ways to include avocado in your diet. In salads, it adds a rich creaminess, so you need less oil in the dressing; the same goes for sandwiches, where it can replace butter when mashed up. Make easy dips for crudité and crackers, or toppings for jacket potatoes by mashing avocado with cottage cheese, yoghurt or houmous. A spicy homemade guacamole – avocado with onion, jalapeño pepper, tomato, coriander and lime juice, can be piled onto grilled fish or chicken. Half an avocado makes a rich and satisfying snack: remove the stone, score the flesh (still in its skin) and dress with Tabasco or Worcestershire sauce, or lemon juice.

Avocado also makes a good addition to the first foods for babies, mashed with stewed apple, cooked squash or sweet potato. When a fraction under-ripe, it goes very well with fruit – try a mango, strawberry and avocado salad tossed with the juice of half a grapefruit and fresh mint.

• For more recipes using avocado and to see a video showing how to prepare an avocado, visit [bbcgoodfood.com](http://bbcgoodfood.com)

• **Natalie Savona**, a writer and TV presenter, has written several books, including *Wonderfoods* (\$\$27.90, Borders)



## Green club sandwich

MAKES 1 EASILY DOUBLED

● PREP 10 MINS ● NO COOK **Easy** ✓✓

**High in fibre, good source of iron, calcium, folic acid & vit C, 2 of**

### 5-a-day

Cherry tomatoes work especially well with avocado, but any sweet, ripe ones will do.

**3 slices wholegrain or rye toast**  
**3 tbsp ready-made houmous**  
**1 ripe small avocado (100g), stoned and sliced**  
**1 handful rocket leaves**  
**8-12 cherry tomatoes, sliced**

Toast the bread and spread houmous evenly over one side of each slice. On one slice of bread, lay half the avocado, rocket and tomato. Season with pepper, then cover with another slice. Pile on the rest of the avocado, rocket and tomato, season again and top with the third slice of bread.

PER SERVING 583 kcs, protein 18g, carbs 53g, fat 35g, sat fat 5g, fibre 12g, sugar 4g, salt 1.27g

# Cooking with: cheaper cuts



**Barney Desmazery** shows you how to save money on meat without compromising on quality or flavour PHOTOGRAPHS **PHILIP WEBB**

## Mustard-crusted breast of lamb

SERVES 4 ● PREP 20 MINS ● COOK 3 HRS

**Moderately easy**

If you have time, try to cook this over two days. This makes it easier to remove the bones, plus you can skim the fat off the sauce. Serve it simply with a refreshing watercress salad and some boiled potatoes to squash into the sauce.

- 1 tbsp vegetable oil
- 2 carrots, chopped
- 2 onions, chopped
- 1 garlic bulb, halved
- small bunch thyme
- 2 bay leaves
- 2 breasts of lamb, skin removed, (see box, right)
- 1 bottle cheap white wine
- 4 tbsp English mustard
- 100g white breadcrumbs
- 1 tbsp olive oil
- boiled new potatoes and watercress salad, to serve

**1** Heat oven to 180C. Heat the oil in a roasting tin and brown the carrot, onions and garlic on the hob for about 5 mins. Add the thyme and bay leaves, then lay the lamb on top. Pour over the whole bottle of wine and about 350ml water, season well and cover tightly with a sheet of foil. Cook the lamb, undisturbed, for 2½ hrs, then

remove from the oven. Leave the lamb to cool slightly before gently pulling out the bones. Pour the juices and veg into a container and chill. Can be prepared up to 2 days in advance and chilled.

**2** Increase oven to 200C. Lay the lamb, skin-side up, in a shallow roasting tin and generously brush with mustard. Pack over the breadcrumbs and drizzle with the olive oil. Bake for 30 mins until the crumbs are toasted and crisp.

**3** Meanwhile, lift the solid fat off the cold sauce and reheat the sauce on the hob. Lift the lamb onto a board and cut into pieces. Serve with the veg in their sauce, boiled potatoes and a watercress salad.

PER SERVING 799 kcs, protein 55g, carbs 38g, fat 42g, sat fat 18g, fibre 3g, sugar 16g, salt 0.96g

## BREAST OF LAMB

Any butcher that joints his own lamb will be able to sell you breast, although it's not generally on display – it usually ends up in the mincer. This cut is one of the fattiest but cooked with care and patience, it rewards with deliciously tender meat.

Whole breast will still have the rib bones attached. These can be pulled out once the meat is cooked. You can also find boned and rolled (normally stuffed with herbs) breast. Ask your butcher to skin the joint to remove the very top fatty layer of skin.

One of the benefits of the economic downturn has been the rediscovery of many 'forgotten' cuts. They're great value, full of flavour and, when cooked the right way, often far tastier than more expensive cuts.

Chicken livers, lamb shanks and pork belly and cheeks regularly appear on menus, and chefs often say that they love to transform something humble into a beautiful dish. Take a trip to your butcher and try one of these dishes – it's a great way to expand your repertoire without busting your budget.





Discover a new cut of lamb



Discover a new cut of lamb



### Chicken livers on toast

SERVES 4 AS A STARTER OR LIGHT LUNCH

● PREP 20 MINS ● COOK 10 MINS **Easy**

✓ **Good source of iron, folic acid, vitamin C, low fat**

Most often used in pâtés and stuffings, chicken livers are also delicious pan-fried and served on toast, or in a salad with bacon and cooked green beans.

A perfectly pan-fried chicken liver will be cooked all the way through but still pink (not raw) in the middle. You can check by cutting a liver in half – if it is undercooked, return to the pan for a few more minutes.

**250g chicken livers**

**2 shallots, finely chopped**

**large handful flat-leaf parsley, leaves very roughly chopped**

**1 tbsp capers, rinsed and drained, roughly chopped**

**2 tbsp olive oil**

**3 tbsp Sherry vinegar**

**4 slices nice bread, such as sourdough**

**1 tbsp plain flour**

**large pinch cayenne pepper**

**1** Pick over the livers, cutting away any fatty bits and sinew, then pat the livers dry. Place the shallot, parsley and capers into a bowl and drizzle with half the olive oil and 1 tbsp of the Sherry vinegar.

**2** Toast the bread (preferably on a griddle but a toaster is fine). Toss the livers in the flour and cayenne pepper, and season generously with salt and pepper. Heat the rest of the oil in a frying pan and fry the livers over a really high heat for 4-5 mins until brown and crisp on the outside and cooked, but still a little pink in the middle. Splash remaining vinegar into the pan and bubble down for 1 min.

**3** Tip the contents of the pan in with the shallot and parsley, toss everything together, season to taste, then pile onto the toasted bread. Season with a little crunchy sea salt and serve.

PER SERVING 221 kcals, protein 14g, carbs 25g, fat 8g, sat fat 1g, fibre 2g, sugar 1g, salt 0.83g

### CHICKEN LIVERS

You can buy chicken livers from the wet market – ask to have the fat and sinew removed. You can also buy them in packs from the supermarkets and tidy them up yourself.

### Portuguese braised steak & onions

SERVES 4 ● PREP 10-15 MINS

● COOK 2 HRS 20 MINS **Easy**

In Portugal, this braise would be served with fried potatoes or rice (or sometimes both), but it goes just as well with a pillow of buttery mash.

**2 tbsp olive oil**

**4 braising steaks, about 200g each**

**4 tbsp red wine vinegar**

**3 onions, finely sliced**

**3 garlic cloves, finely chopped**

**½ tsp paprika**

**100ml red wine**

**400g can chopped tomatoes**

**1 tsp tomato purée**

**2 bay leaves**

**chopped coriander, to serve**

**1** Heat oven to 140C. Heat half the oil in a shallow casserole dish. Brown the steaks well on each side, then remove from the pan. Splash the vinegar into the pan and let it bubble and almost evaporate. Add the rest of the olive oil and the onion, and gently fry on a medium heat for 10-15 mins until softened and starting to colour.

**2** Once the onion has softened, stir in the garlic and the paprika. Cook for 1 min more, tip in the red wine and chopped tomatoes, then stir through the tomato purée and bay leaves. Season, pop the steaks back into the pan, then cover and place in the oven for 2 hrs, stirring halfway through and adding a splash of water if needed. Cook until the meat is very tender. The stew can now be cooled and chilled for 2 days and reheated or frozen for up to 3 months. To serve, scatter with coriander.

PER SERVING 430 kcals, protein 44g, carbs 11g, fat 23g, sat fat 8g, fibre 2g, sugar 8g, salt 0.46g

### BRAISING STEAK

For the best-quality beef at the cheapest prices, opt for braising cuts. Although different cuts are sold as braising steak, some work better than others. If you want to cook a whole piece of meat, as in this recipe, use the flank or skirt – also known as feather blade. If you want diced meat for stew, the best cut is shin.

In supermarkets, where labels don't state cuts, look for meat that isn't too lean and has a good proportion of fat and muscle running through it.





Freezes beautifully



## Slow-roast pork rolls with apple chilli chutney

SERVES 6-8 ● PREP 15 MINS

● COOK 6 HRS **Easy** ❄️ **chutney only**

Don't stint on the cooking time – it really is the key to meltingly soft, full-flavoured meat. There's very little work involved, so once the pork is in the oven you can forget all about it.

**2.5kg pork shoulder joint, scored and tied**  
**2 tsp thyme leaves**  
**1 tsp fennel seeds**  
**1 tbsp olive oil**  
**buttered soft bread rolls, to serve**

### For the apple chilli chutney

**1 tbsp olive oil**  
**2 onions, finely chopped**  
**1-2 red chillies, deseeded and finely chopped**  
**4 eating apples, peeled, cored and chopped into small chunks**  
**4 tbsp cider vinegar**  
**4 tbsp caster sugar**  
**1 thyme sprig, leaves picked**

**1** Heat oven to 240C. Sit the pork in a large roasting tin. If the skin isn't already scored for you, score it with a small, sharp knife. Mix together the thyme, fennel seeds, oil and 1 tsp salt with a good grinding of black pepper. Rub this over the top and ends of the pork. Roast for 30 mins, then cover the whole tin with a large sheet of foil, reduce the oven temperature to 140C and return the pork to the oven for a further 5 hrs.

**2** While the pork is cooking, make the chutney. Heat the oil in a large saucepan. Soften the onion and chilli together for 10-15 mins. Once soft, stir in the apple chunks, vinegar and sugar with 50ml water. Cover and cook over a low heat for 15-20 mins, stirring occasionally, until the apple is very soft. Blitz half the apple mixture with a hand blender, or scoop half into a food processor and whizz until smooth, before stirring back into the pan with the leaves from the thyme sprig.

**3** Take the pork from the oven – the meat should be very tender – and increase the temperature to 240C. When the oven has reached temperature, discard the foil and put the pork back in for 30 mins to crisp up



Homemade hog roast

the skin a little. For really crisp crackling, remove the skin from the meat, wrap the meat in foil to keep warm, and return only the skin to the oven for 30 mins. Use a couple of forks to shred the pork from the joint. Sandwich in soft buttered rolls with apple chilli chutney, warm or at room temperature. Serve with pieces of crisp crackling on the side.

PER SERVING 714 kcs, protein 66g, carbs 22g, fat 41g, sat fat 15g, fibre 2g, sugar 21g, salt 1.31g

## PORK SHOULDER

Cooked slowly, this is one of the finest roasting joints. It has a good layer of fat, which keeps the meat moist, and lots of skin for crackling. But it needs to be cooked until falling off the bone.

A whole shoulder gives you a big piece of meat that's ideal for a crowd. Diced shoulder is also one of the best cuts of pork to slow-cook in casseroles and braises.



## Buffalo wings with blue cheese dip

SERVES 6 • PREP 30 MINS

• COOK 30 MINS **Easy**

The exact origins of Buffalo wings are disputed in their hometown of Buffalo, New York, but it is generally agreed that they were invented at the Anchor Bar and should be hot and spicy. Purists would deep-fry them; we prefer them pan-fried, but you can also grill or bake them. Finger bowls and napkins are essential.

**4 tbsp butter**

**5 tbsp hot sauce such as Tabasco or Crystal**

**1 tbsp white wine vinegar**

**900g chicken wings**

**¼ tsp celery salt (optional)**

**flour, for dusting**

**sunflower oil, for frying**

**celery sticks, to serve**

### For the blue cheese dip

**150ml buttermilk**

**150ml soured cream**

**85g blue cheese, crumbled**

**1 garlic clove, crushed**

**¼ tsp sweet paprika**

**1** Slowly melt the butter, hot sauce and vinegar in a medium saucepan, then pour into a large bowl. Mix all the ingredients for the blue cheese dip together with a pinch of salt. Cover and chill until needed.

**2** Trim the end off each chicken wing, then cut each in half through the joint. Tip the wings into a bowl. Add the celery salt (if using), seasoning and enough flour so they're all evenly coated.

**3** Heat 4 tbsp oil in a large, deep frying pan and add the wings (do this in 2 batches if your pan isn't big enough). Fry them, stirring frequently, until they are cooked through and browned all over, about 10 mins for each batch. As soon as they are cooked, transfer them to the bowl of butter sauce and stir well. Repeat with the second batch. Serve the wings on a platter with any extra buttery sauce poured over and the blue cheese dip and celery sticks on the side.

PER SERVING 411 kcals, protein 18g, carbs 5g, fat 36g, sat fat 15g, fibre none, sugar 2g, salt 1.26g

## CHICKEN WINGS

In Asia, these are valued as one the tastiest cuts for their succulence when fried, barbecued or roasted. Chicken wings vary in size, so you'll need about 3-4 per portion as a starter and a few more as a main course. Just like a drumstick, wings are best eaten with your fingers and a pile of napkins.

Chicken wings have three sections. The tip has next to no meat, so it is sometimes chopped off and discarded. You can chop the wings into individual sections or keep them L-shaped, depending on the recipe.

Look for plump, blemish-free featherless wings without any discoloured patches. Chicken wings also make a good base for a flavoursome stock or broth.

Laid-back food to share



Toast This:

# The grape of the year: Riesling

Move over, Sauvignon Blanc. Riesling is set to be the next big thing, and for good reason

WORDS JENNY TAN



If I have to place my bet on which grape will – or should – make it big in 2011, I am placing my buck on Riesling.

The German grape has broken through its 'too complicated to understand' mould with successful showings in several countries. For one, Australia's Eden and Clare Valleys offer excellent examples with distinctive characters. Then there are the European pundits, such as Alsace and Austria, which neighbour Germany but show their own varied interpretations of the grape. In Germany, where a complex Pradikat system traditionally measures quality according to sugar levels, consumers are putting their money with reputable producers and buying Rieslings.

With its natural acidity, sometimes underlined with a touch of sweetness, Riesling goes with myriad flavours and dishes, and is a perfect companion to food. So start the year on a good note; serve a bottle of Riesling!

## Stockists

- **Beautiful Wine**  
65/6392-1236;  
[www.winextreme.com.sg](http://www.winextreme.com.sg)
- **Crystal Wines**  
65/67373-540;  
[www.crystalwines.com](http://www.crystalwines.com)
- **Monopole Pte Ltd**  
65/6554-3680;  
[www.monopole.com.sg](http://www.monopole.com.sg)
- **Wein & Vin**  
65/9009-3827;  
[www.weinvin.com](http://www.weinvin.com)

PHOTOGRAPHS GERHARD TRATGEN JR. & PHOTOLIBRARY





## GERMANY

### Van Volxem Alte Reben Riesling 2008

● S\$78 ● Wein & Vin

A rather controversial producer, Roman Niewodnischanski wanted to produce Rieslings similar to the vaunted ones that once fetched higher prices than Bordeaux wines. By tracking down forgotten 19th century vineyards, he has resurrected parcels of old vines all over the Mosel region in Germany.

On the nose, typical Mosel-like yellow fruits dominate. On the palate, you get a bounty of summer impressions, with apricots, ripe peaches and pears. Richly textured, the wine finishes up with a solid layer of minerality.

### Donnhoff Riesling Trocken 2009

● S\$50 ● Wein & Vin

In the league of who's who of German Rieslings, Hermann Donnhoff ranks at the top. His 'trocken' (dry) range was only recently introduced in Singapore via suppliers Wein & Vin.

Chalky, mineral and slate-like aromas come together with a hint of smokiness. The wine is all precision on the palate, with bright, clear-cut, pure flavours of guavas and grapefruit, rounding up with a mineral and savoury finish. It makes a good accompaniment to fried foods; try with a basket of deep-fried whitebait.

### Leitz Rüdesheimer Riesling Trocken 2009

● S\$38 ● Beautiful Wine

Lime-like acidity clings to the sides of the palate with each sip of this wine. A lighter style of Riesling from the Rheingau region, it serves up some chalkiness, grapefruit and guava notes. Enjoy this wine with some fish and chips, and ditch the vinegar.



### Henschke Eden Valley Julius Riesling 2008

● S\$62

● Monopole Pte Ltd

Those familiar with the Australian wine scene will recognise the 'Henschke' name, mainly for its 'Hill of Grace' cult Shiraz wine from South Australia's Eden Valley. Winemaker

Stephen Henschke has also crafted some Rieslings from grapes grown in the same area.

This particular example gives a rich texture, density and mouth-feel. Floral and perfumed on the nose, it has a touch of kerosene, lime and guava flavours on the palate. Try pairing it with lobster cooked in a rich sauce.

## AUSTRIA

### Jurtschitsch Riesling Zob Heiligenstein Kamptal 2008

● S\$55

● [www.ewineasia.com](http://www.ewineasia.com)

Austrian Rieslings were relatively unheard of in Singapore until two years ago, mainly because little stock was available. Things have changed since, and some good labels such as Jurtschitsch from the country's cool Kamptal region have made its way here.

This Riesling offers layers of minerality, with lovely floral, citrus and white pepper notes. Try it with Vietnamese fried spring rolls.

## NEW ZEALAND

### Gravitas – Hugo's Delight Late Harvest Riesling 2005

● S\$36.50

● [www.ewineasia.com](http://www.ewineasia.com)

There is nothing quite like a top German eiswein, but that may also cost you an arm and a leg, for the demand is high and supply is limited. Instead, look to the New World, such as this late harvest Riesling from the Marlborough region. You get the ripened, sweet notes with honeydew, melon, citrus fruit and vanilla flavours. It makes a good dessert on its own; or serve with foie gras for appetiser.

### Willi Schaefer Graacher Domprobst Riesling Spatlese 2009

● Crystal Wines

Delicate, perfumed notes of ripe, white peaches waft up to the nose even before you take a sip of this German Riesling. On the palate, there are fresh longans and lychees, punched up with precise citrus-like acidity. Pair with chilli crabs but tone down the spice for maximum enjoyment.

## FRANCE

### Gustave Lorentz Reserve Riesling 2007

● S\$40 ● Beautiful Wine

Wines from Alsace have always been known for their dry, sometimes austere style, which is also proudly food friendly. This wine boasts stone-like, chalky notes on the nose, with pears, peaches and apricots and a hint of spice on the palate. Thumbs-up for the savoury finish. Try it the Alsace way – with sausages and sauerkraut.

## AUSTRALIA

### Jim Barry The Lodge Hill Riesling 2008

● S\$42 ● Monopole Pte Ltd

Clare Valley in Australia is known for its leaner style of Rieslings with sharper acidity, compared to Eden Valley Rieslings. This example shows grapefruit and guava-like aromas on the nose, with a touch of minerality and lime-like acidity in the mouth. Pair this medium-bodied wine with sashimi.



# from our advertisers

EACH ISSUE, WE BRING YOU THE BEST AND THE LATEST PRODUCTS AND SERVICES FROM OUR ADVERTISERS



## Tefal Soft Line

Revitalise your kitchen collection with Tefal's new Softline cookware range. The range boasts the brand's new 'LonGlide' durable non-stick interior coating, complete with a reinforced top coat for added protection against scratches and abrasions, as well as a new copper Durabase base technology to promote even heat distribution.

**From S\$32.90, from major departmental stores**



## California Raisins

Made from sun-dried Thompson seedless grapes, California Raisins are packed with antioxidants and are an excellent source of natural sugars, which can be easily absorbed by the body and converted to energy. What's more, they are sodium-free, fat-free and cholesterol-free, and a decent source of dietary fibre and potassium. Pack them in your bag for easy snacking, or add them to your favourite recipes!

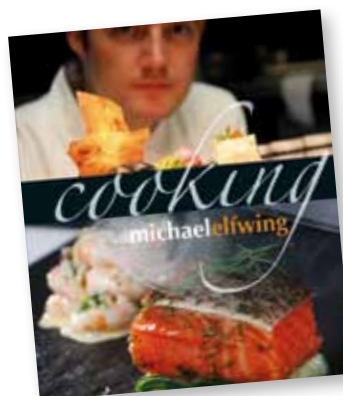
**For more information and recipe ideas, visit [www.raisins.org](http://www.raisins.org)**



## Palate Sensations

Culinary school Palate Sensations has recently shifted into a new studio at Chromos at Biopolis. Sprawled across 2,000 sq ft, the space is fitted with state-of-the-art equipment including Brandt stoves and ovens. The larger studio space means that it can now accommodate up to 40 people per class and double up as a venue for dinner parties and corporate bonding sessions.

**[www.palatesensations.com](http://www.palatesensations.com)**



## Cooking with Michael Elfwing

Keen party hosts will find plenty of inspiration in this new cookbook by Michael Elfwing, chef de cuisine of the award-winning Senses restaurant in Hilton Kuala Lumpur. Drawing upon his experiences in Australia and Malaysia, Chef Elfwing presents over 80 recipes including both Western favourites such as French onion soup and steak and lager pie, and Asian flavours such as roast chicken in lotus leaf. There is also an extensive section on sweets such as chocolate soufflé, macarons and whisky cardamom truffles.

**S\$46.64, from major bookstores**





## Pares Balta Mas Petit 2006

Pares Balta is a family-owned winery in the Penedès region in Spain. The winery has cultivated its vineyards organically since 1790, and even boasts its own flock of sheep to fertilize the soils and beehives to encourage pollination. Made from a combination of Cabernet Sauvignon and Grenache grapes, the Pares Balta Mas Petit 2006 is a gorgeous deep ruby in colour with red berry aromas and notes of toast and vanilla. Fruity and supple with soft tannins, the wine is excellent paired with tapas.

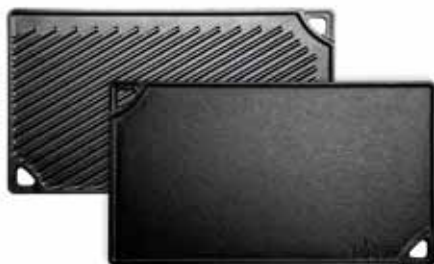
**S\$37, from Booze Wine Shop.**  
**www.booze.com.sg**



## Luzerne New Bone

Luzerne New Bone is renowned for its smooth, flawless gaze and refined translucency. With proper care and handling, the tableware is guaranteed to be chip-resistant, shine-resilient and safe for use in the dishwasher, microwave and oven for five years or 5,000 washes from the date of manufacture.

**From S\$1.50 to S\$154.50, from Landex Showroom. www.luzerne.asia**



## Lodge Double Play Reversible Grill/Griddle Pan

Founded in South Pittsburg, Tennessee, Lodge Cast Iron is a family-owned company renowned for producing some of the world's best cast iron cookware. Offering superior heat retention, this seasoned cast iron griddle/grill pan makes a suitable alternative to non-stick cookware. Featuring reversible smooth and ribbed sides, it is very versatile and can be used to cook a wide variety of food, be it pancakes and bacon for breakfast, or steaks and veggies for dinner.

**S\$189, from Razorsharp showroom. www.razorsharp.com.sg**



## Iwatani Portable Gas Cooker and Zebra Stainless Steel Shabu Shabu Pan

This Chinese New Year, gather your loved ones around the dinner table and get your steamboat or Japanese shabu shabu party going with these essential steamboat tools. The Iwatani portable gas cooker is sturdy with an attractive finish, and very easy to clean. You can also use the portable cooker for outdoor cooking. The set comes with three free gas cartridges.

**Available at a promotional price of S\$73 (usual: S\$115.70) from ToTT Store. www.tottstore.com**

# stockists

### SUPERMARKETS

- Carrefour: [www.carrefour.com.sg](http://www.carrefour.com.sg)
- Cold Storage: [www.coldstorage.com.sg](http://www.coldstorage.com.sg)
- Meidi-Ya Supermarket: [www.meidi-ya.com.sg](http://www.meidi-ya.com.sg)
- NTUC Fairprice: [www.fairprice.com.sg](http://www.fairprice.com.sg)
- Sheng Siong Supermarket: [www.shengsiong.com.sg](http://www.shengsiong.com.sg)

- Books Kinokuniya: 65/6737-5021
- Booze Wine Shop: 65/6294-7500
- Borders: 65/6235-7146
- Four Seasons Gourmet Market: 65/6634-4629
- Fresh Direct: 65/6775-4454
- Gourmet Carousel: 65/6589-7788
- Howards Storage World: 65/6241-5739
- Huber's Butchery: 65/6465-0122
- IKEA: 65/6786-6868

- Isetan Scotts: 65/6733-1111
- Jones the grocer: 65/6476-1512
- Landex Showroom: 65/288-7700
- Littered With Books: 65/6220-6824
- Mohd Mustafa: 65/6295-5866
- Razorsharp Showroom: 65/6227-7515
- Shermay's Cooking School: 65/6479-8442
- ToTT Store: 65/6219-7077

## SIMPLY COMPLETE THIS SUBSCRIPTION ORDER FORM

**Your details (essential)** I would like to subscribe to *Good Food*

☐ for S\$90 for 12 issues by cheque/credit card

☐ for RM180 for 12 issues by cheque/credit card

Title	Surname
Name	
NRIC	DOB
Tel Number	Mobile
Email	
Address	

### My Profile

#### Gender

☐ Male

☐ Female

#### Age Group

☐ 20 & below

☐ 21-25

☐ 26-30

☐ 31-40

☐ Above 40

#### Occupation

☐ Executive

☐ Middle Management

☐ Senior Management

☐ Professional

☐ Businessman

#### Education Level

☐ Secondary

☐ Tertiary

☐ Post Graduate

☐ Others (please specify)

#### Annual Income Group

☐ Below S\$50,000

☐ S\$50,000 - S\$100,000

☐ S\$100,001 - S\$150,000

☐ S\$150,001 - S\$200,000

☐ S\$200,000 & above

### Gift recipient details (optional)

I would like to send a gift subscription to *Good Food*

☐ for S\$90 for 12 issues by cheque/credit card

☐ for RM180 for 12 issues by cheque/credit card

Title	Surname
Name	
NRIC	DOB
Tel Number	Mobile
Email	
Address	

### Your payment options

☐ Cheque

**Please enclose a cheque made payable to:**

Singapore: Regent Media Pte Ltd

Malaysia: Regent Media Sdn Bhd

Cheque No.: Amount:

☐ Credit card\* (Visa & MasterCard only)

\*Debited amount under "GE Connections" will be reflected in your credit card statement for Singapore subscribers.

Name on Credit Card:

Credit Card No.:

Expiry Date: Amount:

Signature: Date:

All other overseas subscribers, please order online at [www.e-shopping.sg](http://www.e-shopping.sg) or email [subscription@regentmedia.sg](mailto:subscription@regentmedia.sg)

#### TERMS & CONDITIONS:

- This subscription offer is non-refundable and is valid till 29 January 2011.
- The above subscription rates are only applicable to readers residing in Singapore and Malaysia.
- All prices are inclusive of GST and taxes.
- Please allow 2 to 4 weeks for processing.
- A notification letter will be sent before the end of your subscription. This service can be terminated with a one-month written notice, otherwise, the subscription will be automatically renewed for your convenience after 12 issues.
- Lucky draw prizes must be taken as provided and are neither transferable nor exchangeable for cash.
- Winners will be notified by post and prizes are to be collected at address stated on notification letter.

Subscribe and receive a Le Creuset 16cm skillet worth S\$169\*

A subscription to **GoodFood** also makes the ideal gift for a friend or family member who loves to cook.

*\*Applicable only to readers residing in Singapore and Malaysia, while stocks last.*



## Great reasons to subscribe

- A chance to win a Le Creuset 16cm skillet worth S\$169
- Over 70 tried-and-tested recipes in every issue, plus tips and recipes from celebrity chefs
- Every issue delivered direct to your door
- Exclusive subscriber-only offers and discounts



# RECEIVE

## A Le Creuset 16cm skillet worth S\$169 when you subscribe



### Le Creuset cast iron cookware

- Is very versatile and suitable for use in the oven, on the hob or under the grill
- Features a satin black enamel interior that can withstand the rigours of everyday use
- Does not absorb odours or flavours
- Is dishwasher-safe, making cleaning up a breeze



## Subscribing to GoodFood is easy – choose from these three options



Call the hotline now  
at **65/6543-3681**  
or **6-03/7954-8989**



Order online at  
[www.e-shopping.sg](http://www.e-shopping.sg) or email  
[subscription@regentmedia.sg](mailto:subscription@regentmedia.sg)



Send completed order form to

**SINGAPORE:** Regent Media Pte Ltd, 3 Loyang Way, Singapore 508719  
**MALAYSIA:** Regent Media Sdn Bhd, B-3-21 Section 8 Business Centre, Jalan  
Sungai Jernih 1, 8 Avenue, 46050 Petaling Jaya, Selangor Darul Ehsan, Malaysia

# GoodFood

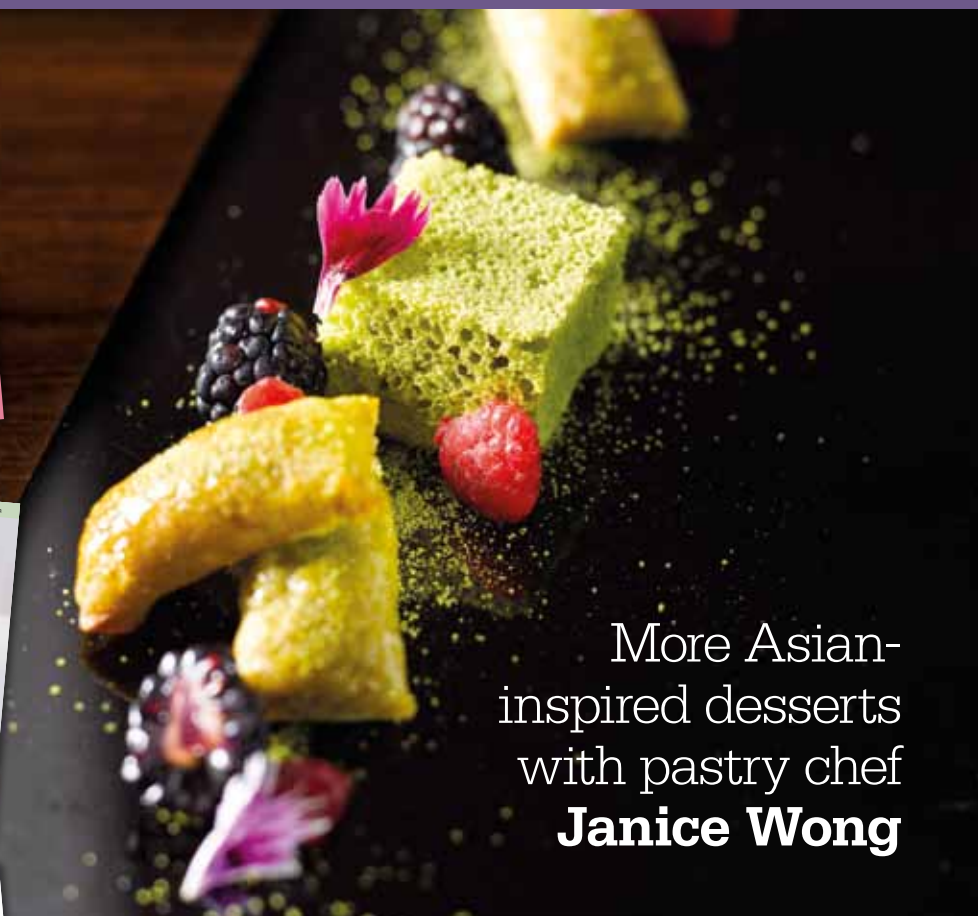


Check out  
**Chef Iskander Latiff's**  
modern Malay menu



**ON SALE**  
1<sup>st</sup> February!





More Asian-inspired desserts  
with pastry chef  
**Janice Wong**



# COMING in February!

## Easy, everyday cooking

- \* Thai storecupboard staples
- \* Superhealthy suppers
- \* Chicken recipes for kids

## Live well

- \* Raw food diet
- \* Make your own marmalade





# My life on a plate

## Stéphane Junca



**F**renchman Stéphane Junca has possibly seen more of Asia than many of us living here. His job as director of Relais & Châteaux in Asia has taken him to countless destinations including Kunming, Bali and Bangkok, where he is currently based.

To date, he has inspected over 150 hotels in the Asia-Pacific region and boosted the brand's regional portfolio of hotels and restaurants to 23. And he isn't slowing down. Instead, he is striving towards the day when the best way for someone to discover the country and its culture, gastronomy and traditions is to hop from one Relais & Châteaux property to another, as is already the case in Europe and South Africa.

### Food I grew up on in Bordeaux

Bordeaux's food is quite rich and we count among our specialities foie gras, duck confit and oysters. All this paired with, of course, the best red wines in the world!

### First impressions of American food

There was no Coca-Cola at home when I was young; I was 16 when I first tasted it on a trip to the US with my parents. I later attended summer school in San Francisco to improve my English, and I gained 4kg in one month! I was tucking into giant 'Little Caesars' pizzas, Whopper burgers at Burger King and all-you-can-eat buffets in some Las Vegas casinos.

### My favourite Asian destination

I have been living in Asia for 14 years and I like cities such as Bangkok and Hong Kong as they combine Asian lifestyles with modern facilities. I also like getting lost in

**Established in France in 1954, Relais & Châteaux is an international association of small, independent hotels and gourmet restaurants. The association currently represents 475 establishments in 55 countries.**

Laos' countryside, the beaches in the Philippines and the tea plantations in Darjeeling and Sri Lanka. Last but not least, I enjoy meditating in the Tibetan temples in Shangri-La.

### Greatest airport pickup

I was going to the Glenburn Tea Estate in Darjeeling, India. When I got into the car, the driver pulled out a tray, placed a silk napkin on it, added three flowers, took out a glass and poured some fresh iced tea from their own plantation. And then he dropped a fresh mint leaf in the tea. So much better than just a bottle of water!

### Worst hotel stay

It was in a boutique hotel where 'no' was the answer to everything. It wasn't possible to get an early breakfast, not possible to even get a coffee in the room when I wake up, not possible to bring my glass of drink outdoors... And when I expected them to collect my bag for me when I checked out, they said: 'No sir, you left your bag in your room!'

### What do you look out for when selecting a restaurant or hotel for Relais & Châteaux?

There are certain essential criteria. For example, the establishment has to be independently owned and not a member of any other organisation. Hotels have to be small, about 29 rooms, and restaurants need exceptional chef-owners to qualify for the Grand Chef label.

It is also about a certain spirit from the owner who embodies the soul of the place. It's very intangible but you should feel the Relais & Châteaux spirit the moment you walk in.

**The Japamala resort in Pulau Tioman, Malaysia is Stéphane's ideal destination for a romantic getaway**



### Favourite restaurants in the region

Saint Pierre in Singapore serves foie gras that reminds me of home. I also like the Oyster Bar in Bangkok, which serves 10 to 12 different types of oysters.

### Best meal thus far

It's at Tetsuya's Restaurant in Sydney. There were 15 courses in a meal, each more beautiful than the last, and a taste that combines simplicity and refinement.

### Hidden travel gem in Bangkok

Isan. Peaceful sceneries, the Mekong, delicious cuisine, the locals' smiles and the strong Laotian influence. It is a Thailand too many people ignore.

### Favourite Balinese dishes

I love sate lilit (minced seafood satay), lawar (a spicy salad made with chicken and sometimes pig's blood) and bebek betutu (smoked duck in banana leaves).

### What you always eat when you return to France

Gillardeau oysters, a good, melting goat's cheese and dark chocolate from Biarritz.

### My favourite wines

Of course, my favourite red will be a Bordeaux wine, most likely Saint-Julien from Château Beychevelle. For whites, I like a New Zealand Sauvignon Blanc, such as one from Cloudy Bay.

### My dream holiday

It is not going to a hotel but being at home with my family. It can be a week of skiing in winter, gardening in my house in Bali or staying with my parents in France.





A WOLF IS JUST AN OVEN,  
LIKE A DIAMOND IS JUST A STONE



Iconic design. Enduring quality. Superior performance

**WOLF**

[www.subzerowolf.com.sg](http://www.subzerowolf.com.sg)

How good are our meats?  
We'd stake our reputation on them.



Visit our website to view our  
comprehensive list of quality meats:  
[www.fourseasonsgourmetmarket.com](http://www.fourseasonsgourmetmarket.com)

four seasons  
gourmet market

Purveyors of good taste.

---

8A marina boulevard #B2-49 marina bay link mall (marina bay financial centre)

\*Opening  
10 Nov 2010

